

Morning Checklist

A Beautiful Day Begins With A Beautiful Mindset

Start With:

Make your bed

Make your fav drink

Do the dishes

Change clothes

Create a task list

Eat a healthy breakfast

Tidy up your space

Never forget
that everyday
you wake up is
an amazing gift
& it's up to you
to make it
count.

Breakfast Ideas:

Eggs & Potatoes

Avocado & Toast

Yogurt & Granola

Oatmeal with fruit

Pancakes & Fruit

Breakfast Burritos

Waffles

Fruit & Yogurt

Remember to

- Drink Water
- Get Fresh Air
- Brush Teeth
- Wash Face
- Mediate/Breath
- Stretch Out

Weekly Ad Morning Routine Deal

J Ma



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