



Morning Routine

TO SET UP YOUR DAY FOR SUCCESS

- Don't check your phone for the first 15 minutes
- Journal 3 things you are grateful for
- Make your bed
- Drink 500 mL of water
- 5-10 minute stretch
- Brush your teeth & wash your face
- Work out for 20 minutes
- Take a cold shower
- Meditate
- Take probiotics & vitamins
- Coffee time!
- Read an article about something you want to learn about while eating
- Review your schedule to check for meetings
- Write your to-do list for the day
- Get your day started! You got this!

JoannaPahar.com

Morning Routine Guide Returns

Daniela Niemeyer



Morning Routine Guide Returns:

Discover tales of courage and bravery in its empowering ebook, Stories of Fearlessness: **Morning Routine Guide Returns** . In a downloadable PDF format (Download in PDF: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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