



MORNING *routine*

- wake up with natural light*
- no phone for the first 30 min*
- make the bed*
- brush teeth*
- brush hair*
- wash face*
- drink a glass of water*
- 10 minutes yoga or walk*
- shower (or cold shower)*
- take vitamin supplements*
- make breakfast and coffee*
- read 10 pages of a book*
- review your schedule for the day*
- write down a to-do list*
- enjoy your day!*

