



MORNING ROUTINE

Date: _____

Wake Time: _____

Goal Wake: _____



MORNING TIMELINE

5:30 AM

Wake Up & Hydrate

☐ Done

5:35 AM

Morning Stretch

☐ 5 min

5:45 AM

Meditation

☐ 10 min

6:00 AM

Shower & Dress

☐ Done

6:30 AM

Healthy Breakfast

☐ Done

7:00 AM

Review Daily Goals

☐ Done

7:15 AM

Morning Walk/Exercise

☐ 20 min

8:00 AM

Start Work/Study

☐ Ready



MORNING AFFIRMATIONS

- _____
- _____
- _____



GRATITUDE (3 things)

1. _____
2. _____
3. _____



MORNING CHECK-IN

Mood: ☐ 😞 ☐ 😐 ☐ 😊 ☐ 😄 ☐ 🥳

Energy: ☐ Very Low ☐ Low ☐ Medium ☐ High ☐ Very High



TODAY'S INTENTION
