MY MORNING ROUTINE

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| No Phone for the first 15 min |  |
| Hydrate (at least 500 ml) |  |
| Make Your Bed |  |
| 5-10 in stretches |  |
| Morning Drink |  |
| Work out for 20 minutes or meditate |  |
| Take a cold shower |  |
| Take probiotics And Vitamins |  |
| Breakfast |  |
| Read an article about something you want to learn |  |
| Review your schedule |  |
| Write a to-do list for the say |  |
| Get your say started! |  |

Notes: