

# Morning Routine

Immediately after waking up,  
and before any screens...

DRINK 20 OUNCES OF WATER,  
AND CHOOSE AT LEAST 3 MORE OPTIONS:

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| <input type="checkbox"/> Say or Write Affirmations | <input type="checkbox"/> Say or Write a Gratitude List |
| <input type="checkbox"/> Recite a Morning Mantra   | <input type="checkbox"/> Draw an Oracle Card           |
| <input type="checkbox"/> Meditate                  | <input type="checkbox"/> Visualization                 |
| <input type="checkbox"/> Breathing Exercises       | <input type="checkbox"/> Listen to Inspiring Music     |
| <input type="checkbox"/> Journal                   | <input type="checkbox"/> Walk Barefoot in the Grass    |
| <input type="checkbox"/> Stretch                   | <input type="checkbox"/> Self Massage or Dry Brushing  |
| <input type="checkbox"/> Yoga                      | <input type="checkbox"/> Scrape Tongue                 |
| <input type="checkbox"/> Exercise                  | <input type="checkbox"/> Read an Inspirational Book    |
| <input type="checkbox"/> Strength Training         | <input type="checkbox"/> Set Daily Intentions          |
| <input type="checkbox"/> Walk or Jog               | <input type="checkbox"/> Light some Incense            |
| <input type="checkbox"/> Sauna & Cold Plunge       | <input type="checkbox"/> Choose a Crystal              |
| <input type="checkbox"/> Swim                      | <input type="checkbox"/> Pet a cat                     |