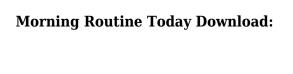
# MORNING ROUTINE

| WAKE UP EARLY                              |
|--|
| DRINK A GLASS OF WATER                     |
| MAKE THE BED                               |
| AVOID YOUR PHONE                           |
| 10 MINUTES STRETCH OR YOGA                 |
| EXERCISE (WALK, JOG OR WORKOUT)            |
| SHOWER AND GET FRESH                       |
| TAKE VITAMINS/FOOD SUPPLEMENTS             |
| MAKE BREAKFAST AND COFFEE                  |
| REVIEW YOUR SCHEDULE FOR THE DAY           |
| READ OR LEARN                              |
| SET DAILY GOALS                            |
| PRACTICE GRATITUDE                         |
| PREPARE FOR THE DAY                        |
| START YOUR DAY WITH A POSITIVE AFFIRMATION |

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