

Morning Routine Checklist

- ☐ Open the shutters immediately after waking up
- ☐ Spend 30 minutes without your phone
- ☐ Make your bed
- ☐ Brush your teeth
- ☐ Take your vitamins and supplements
- ☐ Eat a breakfast
- ☐ Do your skin care routine
- ☐ Say affirmations in front of the mirror
- ☐ Stretch
- ☐ Journal about your progress and what you're grateful for
- ☐ Plan your day

Viral Cozy Mystery Morning Routine Guide

Chris Estrada



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