

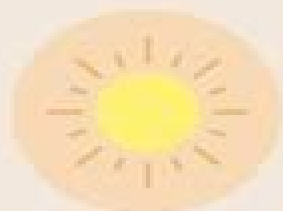
building a mindful: MORNING ROUTINE



screen time
*avoid looking at
your phone as soon
as you wake up*



hydrate
*drink around 8 oz
of water - can add
minerals, lemon, etc.*



sunshine
*aim to get morning
sunshine shortly
after waking up*



nourish
*a protein focused
breakfast to support
blood sugar & satiety*



circulation
*do some gentle
stretches & gentle
lymphatic self massage*



affirmations
*write down three
affirmations to set the
tone of the day*

Disney Plus Morning Routine Update

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