

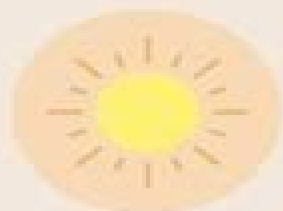
# *building a mindful:* MORNING ROUTINE



**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

**Chao Zhang**



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