# stress free beginnings

#### Wake-Up

- Let in natural light
- . Make bed

#### Make-Up

- Take a Shower
- Do hair & makeup
- Get dressed

### Fuel-Up.

- Make coffee or Tea Make breakfast

## Catch-Up

- Bullet Journal
- Check phone messages

## I hink-UP

- . . Lumosity
  - . Reading

## Clean-Up

- . . Kitchen .
  - Daily chore

DON'T hIT "SNOOZE" No phone till Time

Don't leave The bathroom Till hair and make up are done

Add focus boost to a smoothle for extra fuel

Sit down with breakfast and focus on The big picture

Don'T rush it Take your Time & get something fromit

## Pack-UP

· Lunch Make sure you have everything for The day!

## **Morning Routine Review Sign In**

**S Ashworth** 

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