Morning Routine

TO SET UP YOUR DAY FOR SUCCESS

\bigcirc	Don't check your phone for the first 15
	minutes
0	Journal 3 things you are grateful for
0	Make your bed
0	Drink 500 mL of water
\bigcirc	5-10 minute stretch
0	Brush your teeth & was your face
0	Work out for 20 minutes
\bigcirc	Take a cold shower
\bigcirc	Meditate
0	Take probiotics & vitamines
0	Coffee time!
\bigcirc	Read an article about something you
	want to learn about while eating
0	Review your schedule to check for
	meetings
0	Write your to-do list for the day
0	Get your day started! You got this!

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Polynesian Society (N.Z.)

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