

MORNING ROUTINE

game plan

Creating a morning routine that works for YOU and your lifestyle is easier than you may think! To build out your own perfect morning recipe, just pick 1-2 ingredients from each category and order them in the way that makes the most sense for you! Once you have your routine, start implementing it daily!

Keep in mind you can always adjust your picks AND their order if something isn't working. And give yourself some time to get into a solid routine—remember, it takes 28 days to build a habit!

Mental Health Habits

- ☐ Write 5 things you're grateful for
- ☐ Read a chapter of a book
- ☐ Listen to a podcast
- ☐ Pray/meditate for 10 minutes

Physical Health Habits

- ☐ Spend 5-15 minutes stretching
- ☐ Drink a glass of water
- ☐ Go for a walk
- ☐ Take care of your skin

Emotional Health Habits

- ☐ Open your blinds & get outside
- ☐ Make a tea or coffee
- ☐ Make someone feel special
- ☐ Spend time on a hobby

Productivity Habits

- ☐ Make your bed immediately
- ☐ Identify your top 3 priorities
- ☐ List out everything you want to do
- ☐ Start work at the same time daily

MY MORNING ROUTINE

recipe













Morning Routine Prices Customer Service

Yicheng Fang



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