



Morning Routine

TO SET UP YOUR DAY FOR SUCCESS

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

Joanna Rahier.com

Morning Routine Guide

Guide



Morning Routine Guide:

Eventually, you will utterly discover a further experience and deed by spending more cash. nevertheless when? pull off you allow that you require to acquire those all needs following having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to understand even more not far off from the globe, experience, some places, next history, amusement, and a lot more?

It is your no question own become old to accomplishment reviewing habit. in the midst of guides you could enjoy now is **Morning Routine Guide** below.

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