



MORNING *routine*

- ☐ *No phone for the first 60 min*
- ☐ *Brush your teeth, do a skincare routine*
- ☐ *Make the bed*
- ☐ *Drink a glass of water*
- ☐ *10-20 minutes exercise or stretch*
- ☐ *Short meditation, a walk, read a page*
- ☐ *Shower (if you shower in the morning)*
- ☐ *Make breakfast and coffee*
- ☐ *Write 3 things you are grateful for*
- ☐ *Review your schedule for the day*
- ☐ *Write down a to-do list*
- ☐ *Do 1 hour of Deep Work*