

# BUILD YOUR OWN ROUTINE

Check off your top  
points for your  
perfect morning  
routine

## 1. Energy

- ☐ Make your Bed
- ☐ Open your Curtains
- ☐ Stretch
- ☐ Turn on some music
- ☐ Go on a walk
- ☐
- ☐

## 3. Focus

- ☐ Meditate
- ☐ Plan your day
- ☐ Journal
- ☐ Read a book
- ☐ Daily affirmations
- ☐
- ☐

## 2. Self-care

- ☐ Brush teeth
- ☐ Drink a glass of water
- ☐ Have a warm beverage
- ☐ Skincare routine
- ☐ Take meds/vitamins
- ☐
- ☐
- ☐

## 4. Productivity

- ☐ Review personal goals
- ☐ Set daily priorities
- ☐ Pack bags
- ☐ Check emails
- ☐
- ☐