morning
Routine Checklist

	M	T	W	T	F	
Wake up without snoozing; take deep breaths						
Drink a glass of water (add lemon for a boost)						
Stretch or light exercise						
Brush teeth, wash face, and do skincare						
Make Coffee						
Eat a healthy breakfast without distractions						
Spend 5-10 minutes on gratitude, or journaling						
Dress for the day and get ready						
Review your planner and set 1-3 top priorities						
Make the bed and do a quick 5-minute tidy-up						
Listen to something uplifting						