

# MORNING ROUTINE

<input type="checkbox"/>	WAKE UP EARLY
<input type="checkbox"/>	DRINK A GLASS OF WATER
<input type="checkbox"/>	MAKE THE BED
<input type="checkbox"/>	AVOID YOUR PHONE
<input type="checkbox"/>	10 MINUTES STRETCH OR YOGA
<input type="checkbox"/>	EXERCISE (WALK, JOG OR WORKOUT)
<input type="checkbox"/>	SHOWER AND GET FRESH
<input type="checkbox"/>	TAKE VITAMINS/FOOD SUPPLEMENTS
<input type="checkbox"/>	MAKE BREAKFAST AND COFFEE
<input type="checkbox"/>	REVIEW YOUR SCHEDULE FOR THE DAY
<input type="checkbox"/>	READ OR LEARN
<input type="checkbox"/>	SET DAILY GOALS
<input type="checkbox"/>	PRACTICE GRATITUDE
<input type="checkbox"/>	PREPARE FOR THE DAY
<input type="checkbox"/>	START YOUR DAY WITH A POSITIVE AFFIRMATION

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