

MORNING ROUTINE CHECKLIST

CREATE YOUR PERFECT MORNING ROUTINE BY CHOOSING
A MIXTURE OF ACTIONS FROM THE CHECKLIST BELOW

ROUTINES FOR HEALTH

- | | |
|--|--|
| <input type="checkbox"/> Drink a full glass of water | <input type="checkbox"/> Get some sunlight |
| <input type="checkbox"/> Wake up early | <input type="checkbox"/> Eat a healthy breakfast |
| <input type="checkbox"/> Do a yoga practice | <input type="checkbox"/> Take your vitamins |
| <input type="checkbox"/> Fit in an exercise session | <input type="checkbox"/> Dance to your favourite songs |
| <input type="checkbox"/> Take a cold shower | <input type="checkbox"/> Take an early morning walk |

ROUTINES FOR MIND

- | | |
|--|---|
| <input type="checkbox"/> Repeat positive affirmations | <input type="checkbox"/> Spend time on a hobby |
| <input type="checkbox"/> Practice meditation | <input type="checkbox"/> Go screen free |
| <input type="checkbox"/> Write in a journal | <input type="checkbox"/> Make your bed |
| <input type="checkbox"/> Set your intentions for the day | <input type="checkbox"/> Practice gratitude |
| <input type="checkbox"/> Listen to music | <input type="checkbox"/> Visualise your day ahead |

ROUTINES FOR PRODUCTIVITY

- | | |
|--|---|
| <input type="checkbox"/> Prioritise important tasks | <input type="checkbox"/> Review your weekly diary |
| <input type="checkbox"/> Read something that feeds your mind | <input type="checkbox"/> Listen to a podcast |
| <input type="checkbox"/> Prep your day the night before | <input type="checkbox"/> Do a brain dump |
| <input type="checkbox"/> Tidy your environment | <input type="checkbox"/> Plan your 6 month goals |
| <input type="checkbox"/> Work on your first task of the day | <input type="checkbox"/> Learn something new |

I AM BRAZEN SPIRIT

Morning Routine Sat Practice Guide

Brian W. Stewart



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