

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

Morning Routine Sat Practice Guide

Brian W. Stewart

Morning Routine Sat Practice Guide:

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4

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