

MORNING ROUTINE

CHECKLIST FOR ADULTS



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|---|--|
| <input type="checkbox"/> <i>Plan your day in advance</i> | <input type="checkbox"/> <i>Find your mini me-time</i> |
| <input type="checkbox"/> <i>Make your bed</i> | <input type="checkbox"/> <i>Move your body</i> |
| <input type="checkbox"/> <i>Set your intentions for the day</i> | <input type="checkbox"/> <i>Hydrate</i> |
| <input type="checkbox"/> <i>Do a quick journaling</i> | <input type="checkbox"/> <i>Grab a nutritious breakfast</i> |
| <input type="checkbox"/> <i>Stay unplugged</i> | <input type="checkbox"/> <i>Add bits of cheerful songs / podcast</i> |

NOTES

GOALS

<input type="checkbox"/>
<input type="checkbox"/>
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<input type="checkbox"/>
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