

# 10-MINUTE MORNING ROUTINE

## CHECKLIST

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Start your day off right with this simple, mindful routine. Check off each step as you go!

- ☐ 1. Drink a glass of water to rehydrate
- ☐ 2. Do a quick stretch or 2-minute movement to wake up your body
- ☐ 3. Practice 1 minute of deep breathing or mindfulness
- ☐ 4. Write down 1 goal or intention for the day
- ☐ 5. Glance over your schedule to mentally prepare
- ☐ 6. Say one positive affirmation or gratitude
- ☐ 7. Do one small thing for yourself (wash your face, apply lip balm, etc.)
- ☐ 8. Avoid checking your phone until after completing your routine