

## **MORNING ROUTINE**

## CHECKLIST

8 HOUR SLEEP	
PRAY/MEDITATE	
ORGANISE CLOTHES	
SEASONAL STORAGE	
AVOID PHONES	
EARLY ALARM	
MORNING DRINK	
BE GRATEFUL	
MORNING STRETCHES	
WHITEBOARD	
BREAKFAST	



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MEAL PLAN	
BE SNACK READY	
BACK-UP PLAN	