

IDEAS FOR YOUR MORNING ROUTINE

Create the Morning that Works for You

- WAKE WITH AN ALARM
- WAKE TO MUSIC
- DRINK WATER
- DRINK WATER WITH LEMON
- DRINK COFFEE
- DRINK TEA
- EAT BREAKFAST
- FAST UNTIL MID-MORNING
- TAKE VITAMINS OR SUPPLEMENTS
- WATCH THE SUNRISE
- GET FRESH AIR
- DEEP BREATHING
- WORK OUT
- TALK A WALK
- YOGA
- STRETCH
- DANCE
- BIBLE READING
- DEVOTIONAL READING
- PRAYER
- READ TO LEARN
- READ A NOVEL
- READ AN INSPIRATIONAL QUOTE
- READ TO KIDS
- LISTEN TO A PODCAST
- LISTEN TO MUSIC
- WATCH A TED TALK
- PLAY WITH YOUR KIDS
- MAKE YOUR BED
- BRUSH YOUR TEETH
- SHOWER
- SELF-CARE
- MAKE A TO-DO LIST
- REVIEW YOUR TO-DO LIST
- SET PRIORITIES
- CHECK YOUR CALENDAR
- CHECK EMAIL
- REVIEW PLANS WITH FAMILY
- WORK ON A PERSONAL PROJECT
- WORK ON A HOME PROJECT
- PACK LUNCHES
- PREP FOR DINNER
- START LAUNDRY
- RUN THE DISHWASHER
- UNLOAD THE DISHWASHER
- WALK THE DOG
- MAKE A GROCERY LIST
- ORGANIZE YOUR PHONE PHOTOS
- DO A CROSSWORD PUZZLE
- ENJOY A HOBBY
- LEARN A NEW SKILL
- DO SOME GARDENING
- TALK TO A FRIEND
- JOURNAL
- GRATITUDE PRACTICE
- VISUALIZE YOUR GOALS