

MORNING ROUTINE CHEAT SHEET

EVENING PREP

- 1 **Plan your wake-up** - pick a consistent wake-up time that works for you
- 2 **Set your sleep goal** - choose your bedtime so you get enough rest
- 3 **Prep your alarm** - use a physical alarm clock and place it across the room
- 4 **Phone-free zone** - put your phone on **Do Not Disturb / Airplane** or turn it off entirely.

IN THE MORNING

- 1 **Start strong** - this could be your **7am session**, or a small task like making your bed, brushing teeth, or brewing coffee
- 2 **Cold splash** - water on your face or body (shower for the brave!) to wake up your body and brain
- 3 **Sunlight** - open the blinds or step outside, get some natural light on your face
- 4 **Movement** - at least **5 minutes**, even stretching in bed counts or go for a walk outside (steps 3 & 4 in one)
- 5 **Spend 15 mins on a bigger task** - reading, journaling, or chores. Check the weekly **Motivation Video** for accountability!

MORNING AFFIRMATION:

"I start my day intentionally. Showing up for myself is what counts."

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