MORNING *cheat sheet*

Print this and keep it somewhere you'll see it: your mirror, bedside table, kitchen.
Made for phone-free mornings.

MORNING MOTIVATION CLUB

The Night Before

Decide your wake-up time
Pick it and protect it.

Set your sleep goal
Aim for 7-9 hours

Put a glass of water by your bed
Hydration is key after sleep

Do one small thing to set tomorrow up
Lay out your clothes, prep your bag, write your top priority for the morning

Charge your phone outside the bedroom
Give yourself a fighting chance

Alarm setup
*Best: use a **physical alarm clock** so your phone stays out of the room entirely.*
*If your phone is your alarm: set it to **aeroplane mode or Do Not Disturb**, and **put it away from your bed –** near your clothes if you can. You have to get up to turn it off, and then you're already up.*

Your Phone-Free Morning

Signal to your body it's morning
Open your blinds and a window if you can. Drink the water by your bed.

Stretch or take some deep breaths
Give your body a moment to wake up

Do one small task
Make your bed, shower, brush your teeth

Check your Morning Menu
Pick something that speaks to you this morning

WHEN YOU'RE READY

TO BRING YOUR PHONE IN,

MAKE MMC YOUR FIRST STOP

- NOT SOCIAL MEDIA