

Morning ROUTINE

6 WORDS ABOUT YOU TODAY

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| <input type="checkbox"/> Make your bed | <input type="checkbox"/> Make breakfast |
| <input type="checkbox"/> 10 min meditation or bible read | <input type="checkbox"/> 10 min social media or news |
| <input type="checkbox"/> 5-10 mins stretch / walk / run | <input type="checkbox"/> Desk cleaning / set up |
| <input type="checkbox"/> Brush teeth & wash your face | <input type="checkbox"/> Review today's schedule |
| <input type="checkbox"/> Change clothes | <input type="checkbox"/> Write to-do list for today |
| <input type="checkbox"/> Make your coffee or tea | <input type="checkbox"/> Get your day started |

AM TO-DO LIST

PM TO-DO LIST

WRITE SOMTHING NICE
ABOUT YOU.

SHORT JOURNALING
