



SUMMER MORNING

ROUTINE CHECKLIST

Simple daily habits for a healthy, productive & beautiful summer day

1		WAKE UP EARLY Rise before the sun and enjoy the peaceful morning.	☐
2		HYDRATE YOURSELF Drink a glass of water, lemon water or a refreshing drink.	☐
3		PRACTICE PRAYER OR MINDFUL REFLECTION Connect with God and be grateful for a new day.	☐
4		WATCH THE SUNRISE Spend a few minutes outdoors and soak in the morning light.	☐
5		MOVE YOUR BODY Do gentle exercises, stretching, yoga or a morning walk.	☐
6		TAKE A REFRESHING SHOWER Refresh your body and boost your mood.	☐
7		EAT A HEALTHY BREAKFAST Fuel your body with a nutritious and delicious meal.	☐
8		GET READY PHYSICALLY & MENTALLY Get dressed, groom yourself and prepare your mind.	☐
9		PLAN YOUR DAY Write down your tasks and set your priorities.	☐
10		START YOUR WORK Begin with important tasks and make today amazing!	☐

*'Win the morning,
— win the day! —*

— Tim Ferriss

NOTES FOR TODAY

