

my **MORNING** routine

- Make the bed
- 10 min meditation or bible read
- 5-10 mins stretch / walk / run
- Brush teeth & wash your face
- Shower and dress
- Make your coffee or tea
- Make breakfast
- 10 min social media or news
- Desk cleaning / set up
- Review today's schedule
- Write to-do list for today
- Get your day started

AM TO-DO LIST

PM TO-DO LIST

NOTES

my **MORNING** routine

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