**MY MORNING ROUTINE**

Kick Start Your Day For Success!

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|  | Wake Up & smile… |
|  | Stay away from phone for 10 min. |
|  | Drink 2 glasses of water |
|  | Make Your Bed |
|  | 5-10 in stretches |
|  | Work out for 20 minutes or meditate |
|  | Take a cold shower |
|  | Take probiotics And Vitamins |
|  | Morning Drink |
|  | Breakfast |
|  | Read an article about something you want to learn |
|  | Write a to-do list for the say |
|  | Get your say started! |

Your day ends as it starts….