AWESOME DAY AHEAD!!!

GOOD MORNING!!!

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|  | Wake Up early And Hydrate |
|  | Meditate |
|  | Set goals |
|  | Make Bed |
|  | Do Stretches or light workout |
|  | Walk 10 min barefoot on grass |
|  | Believe in yourself |
|  | Drink Coffee or tea |
|  | Learn a new word, concept or skill |
|  | Take a shower, brush, etc. |
|  | Breakfast |
|  | Focus on the positive alone |
|  | Plan your day |
|  | Make a to do list or revise if already made |
|  | Start your day with an energetic smile |