

Mindful Morning Checklist

Start your day with intention & calm

☐ Hydrate First

☐ Drink a glass of water (add lemon for extra zing!)

☐ Avoid caffeine for first 30 minutes

☐ Move Your Body

☐ 2-minute stretch (try: reach for sky, touch toes)

☐ OR 5-minute walk outside

☐ Practice Mindfulness

☐ Breathe deeply 3x (inhale 4 sec → exhale 6 sec)

☐ Write 1 thing you're grateful for: _____

☐ Nourish Yourself

☐ Eat breakfast without screens

☐ Choose whole foods (oats, fruit, protein)

☐ Set Your Intention

☐ Today's focus: _____

☐ One small win to celebrate: _____

☐ Digital Boundaries

☐ Delay phone/social media for 30+ minutes

Bonus Tips

 "Progress over perfection!"

 *Check off 3+ items for a successful morning.*