

# 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.\*