

# The Best MORNING ROUTINE Ideas



DRINK  
A GLASS OF  
WATER

READ  
A BOOK



JOURNAL YOUR  
THOUGHTS

PRAY OR  
MEDITATE



MAKE A  
TO-DO LIST

EXERCISE



WORK ON A  
SIDE HUSTLE



DO A  
10-MINUTE  
TIDY



MAKE  
YOUR  
BED



GET READY  
FOR THE DAY

PREP FOR  
DINNER



REVIEW  
YOUR  
BUDGET



LISTEN TO A  
PODCAST



CHECK THE  
WEATHER



EAT A  
NUTRITIOUS  
BREAKFAST

# ONE BALANCED LIFE

# DAILY MORNING

# HABITS



## WAKE UP TIME

What time are you waking up?  
Are you hitting snooze?



## MOVEMENT

Starting off the day with a little movement (whatever that looks like for you!) will be an instant mood boost and make you feel good for the day!



## DAILY TO DO

Start off the day writing out your to-do list. What are your priorities?



## CLEAN SPACE

Take a little time in the morning to make sure your space is clear. Clear space=clear mind



## FRESHEN UP

Getting yourself ready is an instant mood boost! Set aside a little of time to make yourself feel good in the morning.



## HEALTHY MEAL

Starting your day off with a healthy meal will help create healthy habits throughout the day.

## MORNING ROUTINE IDEAS



make the bed

yoga session



morning pages



drink lemon  
water

slow coffee  
break



spend time  
cooking a healthy  
breakfast



listen to music

read for  
30-mins



make a  
smoothie



prepare your  
workspace

listen to a  
podcast



connect  
with a friend  
or loved one

# THE PERFECT Morning Routine

Start your day on a happy and productive note with these tips to boost mind and body.

## Start with Some Positivity

A protein composite found in grains like wheat and barley, gluten promotes inflammation in the body, which could lead to:



**Write daily in a gratitude journal**  
Grateful for your family, your pets or an upcoming trip? Write it down!



**Be mindful**  
Give your body a gentle stretch, a quick run -- whatever it needs today



**Get inspired**  
Listen to a motivational podcast, watch a fun recipe video, or read a poem

## Rejuvenate Your Body



**Get outside**  
If it's nice out, stand barefoot in the grass to reboot your hormonal system



**Get your heart rate up**  
Do a simple bodyweight routine to jumpstart your morning



**Take a cold shower**  
The shock to your body will boost your energy and improve circulation

## Nourish and Re-hydrate



**Drink warm lemon water**  
A pinch of sea salt will add important electrolytes



**Make a healthy green juice or smoothie**  
Start with some cucumber, celery and parsley



**Slurp some soup**  
Too cold for smoothies? A bowl of mineral-rich soup will do the trick!

# MORNING ROUTINE TRACKER



Week 1

Week 2

Week 3

Week 4

Made Bed Consistently



Showered Daily



Breakfast & Vitamins



Used Your Planner



Intentions/Meditation



@craftyplanner\_queen

# BENEFITS OF A MORNING RITUAL



BUILDS  
HEALTHY  
HABITS



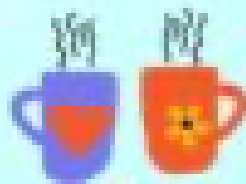
ESTABLISHES  
A POSITIVE  
OUTLOOK



ALLOWS FOR  
MORE EFFICIENT  
PRODUCTIVITY



LOWERS  
STRESS  
LEVELS



STRENGTHENS  
RELATIONSHIPS



BOOSTS  
ENERGY



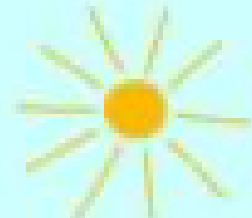
REDUCES  
FORGETFULNESS



ALLOWS FOR  
MORE FLEXIBILITY



CONFIDENCE—BOOSTER



SENSE OF  
CONTROL