HABITS
TO PUT INTO YOUR ROUTINE

MORNING ROUTINE HABITS:

- Journal
- Brush/Floss Teeth
- Get Dressed
- Do Makeup/Hair
- Enjoy Sunrise
- Set Intentions for Day
- Make Your Bed
- Drink Water
- Make Coffee/Tea
- Yoga
- Stretch
- Work Out

- Eat Your Frog
- Write 3 Things You're Grateful For
- Brain Dump
- Get Natural Light
- Talk to a Friend
- Listen to Music
- Listen to Podcast
- Create Something
- Meditate
- Affirmations
- Read

DAY/EVENING ROUTINE HABITS:

- Review Day
- Brain Dump
- Make a List
- Plan the Next Day
- Prepare Tomorrow's Outfit
- Self Care
- Read
- Set Alarm
- Unplug
- Work on Priorities
- Look at Stars
- Enjoy Sunset
- Set Mini Goals
- Schedule MIT for Most Productive Time of Day

- Declutter
- Pick Up/Clean Up
- Brush/Floss Teeth
- Remove Makeup
- Write Down Wins for the Day
- Meditate
- Take a Warm Bath
- Socialize
- Plan Meals
- Cuddle
- Perform Act of Kindness
- Let Go of Worry or Regret
- Focus on Now
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