

# 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

# ROUTINES

FOR AN AMAZING DAY

## MORNING ROUTINE:

<input type="checkbox"/>		<input type="checkbox"/>

## DAY ROUTINE:

<input type="checkbox"/>		<input type="checkbox"/>

## EVENING ROUTINE:

<input type="checkbox"/>		<input type="checkbox"/>
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