Morning-Person-in-Training

The Night Before

- ☐ Pick out my clothes.
- ☐ Pack my bags.
- ☐ Prepare a healthy breakfast.
- ☐ Set a glass of water by my bed.
- ☐ Set a happy alarm & place phone far away.

In The Morning

- ☐ Don't snooze.
- ☐ Drink full glass of water.
- ☐ Pray/journal/meditate.
- ☐ Exercise.
- ☐ Eat your healthy breakfast.
- ☐ Get ready (shower, get dressed, hair, makeup).

Build Your Routine

Time	Event
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____