

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

6:30-6:50 Wake up & organize my day in planner

6:50-7:50 Work out (30min cardio, 20 minute weights)

7:50-8:45 Shower, get dressed, do hair & makeup

8:45-9:05 Eat a mindful, healthy breakfast

9:05-9:25 Relax before class; walking time

9:25- Class! You made it!