



7 MORNING
RITUALS TO
START YOUR DAY

7 MORNING RITUALS

1

7 AM

Lightly Stretch your Whole body

2

7.05 AM

Make your Bed - *You can do this whilst humming*

3

7.15 AM

Do your morning affirmations

4

7.20 AM

Exercise | Yoga - even 5 - 10 mins can help

5

7.30 AM

Dry brush your whole body

6

7.40 AM

Drink a glass of cold water or try a glass of warm water with lemon

7

7.45 AM

Set some small goals for the day - eg *Homework, selfcare or spending time in nature*

Be happy today

LIVE SIMPLY. DREAM BIG. BE GRATEFUL. LAUGH LOTS

♥ DATE

♥ GOALS FOR TODAY

- 1
- 2
- 3
- 4
- 5
- 6

♥ THINGS TO DO

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♥ MORNING AFFIRMATIONS