

MY MORNING ROUTINE

How we start our mornings can set us up for stress or success.

Set work/life boundaries by prioritizing your wellness & then crush the rest of the work day. Not a morning person? maybe you can try to create a nighttime routine!

Set a timer for 10 minutes.
Grab a journal, cup of coffee/tea & create your own routine!

Wake Up

What time can you wake up to MAKE time for yourself?

Connect

What can you do to connect with yourself? Some ideas: journal, read, meditate or workout.

Breakfast

Eating a healthy breakfast is about nourishing your mind AND body. Eating nutrient dense food helps us feel focused, energized & empowered. Not to mention, our focus level stays on level 100!

Set Intentions

What are your top 3 tasks for the day? I suggest having 1-2 for goals for work and at least 1 for yourself. Yes, watching Netflix after work counts!

Begin Work

Now, go crush the rest of your day!