BECOME A SUCCESSFUL MORNING PERSON

Try this out to see if it works for you, you may need to adjust to fit your needs. Add the "todolist" app on your phone to set recurring tasks to complete before 10am.

- [ ] Do a 60 second plank
- [ ] Drink a glass of water
- [ ] Make a checklist of 3 items you want to complete today
- [ ] Zazen Sitting Mediate for 1 minute (https://www.youtube.com/watch?v=0fcdv0kFVMs)
- [ ] Daily Hygiene - Shower, Teeth, Floss
- [ ] Text a friend or family member to check in with them
- [ ] Antibacteria wipe your phone
- [ ] 1 minute Breathing Exercise (https://www.youtube.com/watch?v=b0FZIT3Uk30)
- [ ] Attempt to do a head stand (Be upside down for 1 minute, it helps with positive thought).
- [ ] Take your vitamins
- [ ] 15 Minutes of cleaning
- [ ] Clear out your personal email inbox
- [ ] Pray (Our Father and Hail Mary take about 25 seconds to say)
- [ ] Do a Lemon Water, Cayenne Pepper, and Ginger Shot
- [ ] Give your dogs attention (5 minutes)
- [ ] Stretch (2 minute)
- [ ] Jumping Jacks (1 minute)
- [ ] Read Something (5 minutes)

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