

Productivity morning routine

Checklist



- ☐ Don't hit snooze!
- ☐ Avoid looking at phone
- ☐ Drink a glass of water
- ☐ Write in journal
- ☐ Plan your day
- ☐ Eat the frog
- ☐ Listen to a podcast
- ☐ Exercise/meditate
- ☐ Make a healthy breakfast
- ☐ Get ready

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