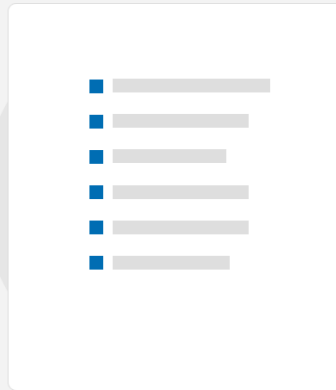


# Daily checklist

Tips for staying energized all day



## Morning

- Drink lemon water
- Have a smoothie for breakfast
- Pack healthy snacks

## Afternoon

- Go for a walk
- Do yoga at your desk
- Have 20 minutes of screen-less time

## Evening

- Drink herbal tea
- Listen to an uplifting playlist
- Meditate for 5 minute

Learn more: <https://www.pinterest.com/theblissfulmind/>

