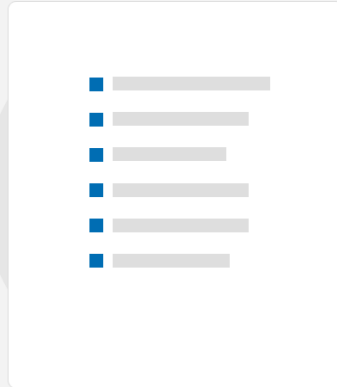


A mindful morning routine checklist

Morning Routine Ideas for A Positive Mindset



- ☐ Smile
- ☐ Lemon water
- ☐ Appreciate the fresh start of a new day
- ☐ Express gratitude for five things
- ☐ Set your intention for the day
- ☐ Visualize your best version of today
- ☐ Move your body in a way that feels good
- ☐ Acknowledge how you feel today
- ☐ Nourish your body with a healthy breakfast
- ☐ Think good thoughts for someone