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

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