Mindful Routines

Read the guidelines below on how to create a daily mindful routine that you will love



- [ ] Workout
- [ ] Do Yoga
- [ ] Walk the dog
- [ ] Walk outside your house
- [ ] Power nap
- [ ] Do some stretching
- [ ] Drink water with lemon (or just water)
- [ ] Prepare a healthy meal or snack
- [ ] Make journals
- [ ] Write a brain dump
- [ ] Do affirmations
- [ ] Do meditations
- [ ] Read a book
- [ ] Clean your workspace
- [ ] Write goals and priorities for the day
- [ ] Write a gratitude list
- [ ] Listen to music

- [ ] Create art
- [ ] Unplug and talk to someone
- [ ] Pray
- [ ] Watch a Ted talk episode
- [ ] Listen to an inspiring podcast

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