

Morning Routine Checklist for a Productive Day



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- Wake up early (consistent time)**
 - Avoid phone for first 30 minutes**
 - Drink a glass of water**
 - Stretch or do light movement**
 - Practice gratitude or journaling**
 - Plan top 3 tasks for the day**
 - Eat a healthy breakfast**
 - Take a moment of mindfulness/prayer**



Small habits create big results!

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