

DON'T
SNOOZE YOUR
ALARM!

MY MORNING ROUTINE

laughter & lemons
for your confident mindset

LESS THAN
20 MINS

GRATITUDE

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5-10 MINUTE GUIDED MEDITATION



FREE WRITE

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VISUALISE YOUR POSITIVE, PRODUCTIVE DAY



TODAY'S GOALS

- 1.
- 2.
- 3.
- 4.

SELF CARE

- 1.
- 2.
- 3.

AFFIRMATIONS

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REMINDERS

- DRINK 2 LITRES OF WATER
- MOVE YOUR BODY

