

MORNING CHECKLIST

*To **start** your **day** off right*

- ☐ 10 minute morning meditation or journal
- ☐ Make your bed
- ☒ 5-10 minute stretch
- ☐ Brush your teeth and wash your face
- ☐ Write your to-do list for the day and block of times for breaks and lunch
- ☐ Review your schedule to check for meetings
- ☐ Make a hot cup of coffee or tea
- ☐ Put on a comfy outfit to work from home (NOT PJS)
- ☐ Make a healthy breakfast to fuel your day
- ☐ Top up your hot drink