

Your Perfect Morning Routine Checklist

Nail down your night-time routine so you get a good night's sleep.

Stay organized by preparing as much as you can the night before.

Ease into the day with a few deep breaths before getting out of bed.

Get into the right mindset by reading or listening to something uplifting.

Quiet your mind and prepare for the day ahead by meditating.

Do some light stretches or a morning workout to boost your energy.

Avoid distractions; don't check email or social media right away.

Hold off on checking the news so you don't have information overload.

Get energized by getting out for some fresh air.

Add something special to your space to make your morning enjoyable.

BONUS TIP

A glass of room temperature water, with a splash of fresh lemon juice added, will leave you feeling refreshed and alert.

