

ENERGIZING

Morning Routine



PUT ON A FAVORITE
PLAYLIST BEFORE YOU
GET OUT OF BED



OPEN THE CURTAINS
OR BLINDS & OPEN
THE WINDOW



LIGHT A SCENTED
CANDLE



SPEAK A MOTIVATING
MANTRA OUT LOUD



STRETCH OR DO
GENTLE MOVEMENT
FOR 10 MINUTES



DRINK WATER AND
TAKE VITAMINS
AND/OR SUPPLEMENTS