



MORNING ROUTINE

30-day challenge

WEEK 2 FOCUS: WAKING UP EARLY & STARTING YOUR DAY

This week our focus is on waking up when we set out to and making the most of those first few minutes we're awake. We want to develop the habit of waking up with our alarm clock (no snooze!), jumping out of bed, and starting our day with energizing practices.

Day 8 Tonight you will make sure you are ready for tomorrow by doing the following:

- Set alarm
- Visualize your morning
- Set our clothes for tomorrow
- Have glass (or bottle) of water ready.

Day 9 Today, when your alarm sounds, you will:

- Wake up with your alarm
- Jump out of bed
- Drink glass of water
- Brush teeth
- Get dressed

Days 10-14 Work on continuing the habits above, both the evening preparation and your morning routine. Don't give up!

HOW DID YOU DO THIS WEEK?