

POSITIVE MINDSET Mornings ROUTINE

- Make your bed
- 10 min meditation or bible read
- 5-10 mins stretch
- Morning hygiene routine
- Drink 8 oz of water
- Make breakfast
- 10 min limit social media/news
- Morning exercise routine
- Lunch/dinner prep
- 5 minute declutter/clean
- Write to-do list for today
- Leave 5 minutes earlier

AM TO-DO LIST

PM TO-DO LIST

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TODAYS POSITIVE AFFIRMATION: