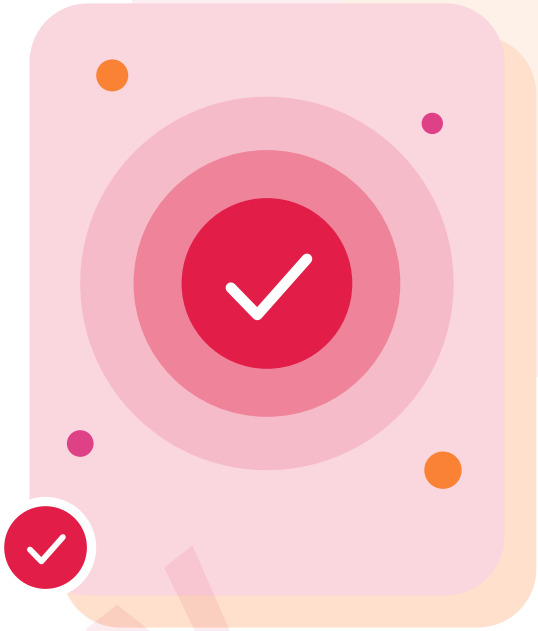
CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Mindful Morning Practices

Starting your morning mindfully sets a positive tone for the day. Use this checklist to establish a calming and focused morning routine.



10 steps | Print-ready A4

NAME _____ START _____ TARGET DATE _____

1 **Wake Up with Gratitude**

Reflect on something you're thankful for as soon as you wake up.

EXAMPLE *"I'm grateful for the sunshine today."*

2 **Hydrate First Thing**

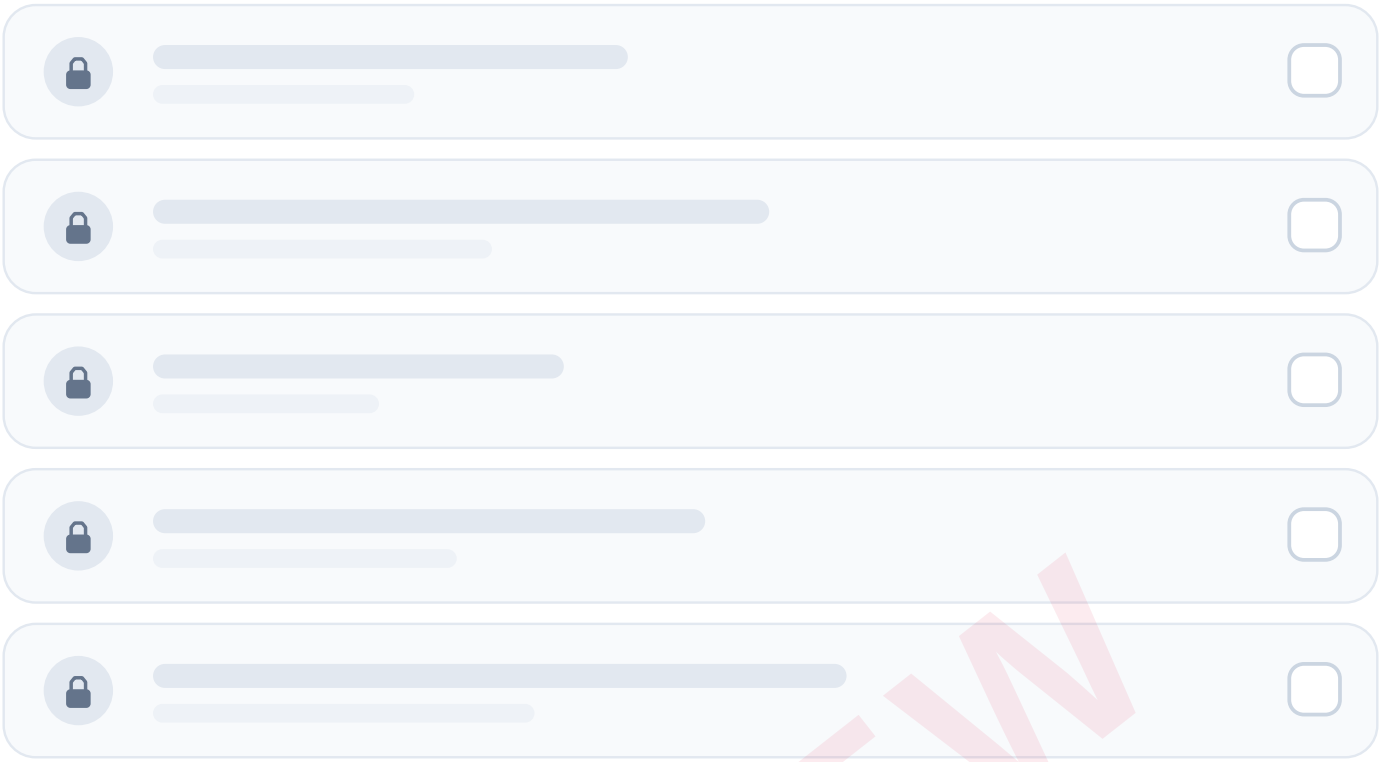
Drink a glass of water to rehydrate your body after sleeping.

3 **Stretch or Move Gently**

Incorporate light stretches or yoga to awaken your body.

EXAMPLE *Do a few sun salutations or neck rolls.*

PREVIEW



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PREVIEW