

MORNING RESET

Checklist

A POWERFUL MORNING CREATES A POWERFUL DAY.



-  **DEEP BREATHING**
Start with 5 deep breaths.
Center your mind and calm your nervous system.
-  **GRATITUDE**
Write down 3 things you are grateful for.
Shift your focus to abundance.
-  **INTENTIONAL THOUGHTS**
Choose empowering thoughts.
Your thoughts shape your reality.
-  **PROTECT YOUR ENERGY**
Set boundaries. Avoid what drains you.
Guard your peace.
-  **MOVE YOUR BODY**
Stretch, walk, or exercise.
Movement boosts your mood and energy.
-  **DRINK WATER**
Hydrate your body.
Fuel your mind and get your energy flowing.
-  **STAY PRESENT**
Be in the moment. Avoid distractions.
Mindfulness creates clarity.
-  **SET YOUR INTENTIONS**
Define your top 3 priorities for today.
Move with purpose.
-  **FEED YOUR MIND**
Read, learn, or listen to something positive.
Invest in your growth.
-  **LIMIT EARLY SCREEN TIME**
Avoid social media and unnecessary scrolling.
Protect your focus.

DAILY REMINDER

“
YOUR
MORNING
ENERGY
SHAPES
YOUR ENTIRE
DAY.

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