

Morning Routine Checklist

A step-by-step checklist for building a calm, healthy, and productive morning routine.

Wake Up Gently

- Wake up at a consistent time, even on weekends
A steady wake time helps regulate your energy and sleep.
- Avoid hitting snooze and get out of bed once your alarm sounds
- Open the curtains or step outside for natural light
- Take a few slow, deep breaths before reaching for your phone
- Make your bed to start the day with one small win

Hydrate and Nourish

- Drink a full glass of water to rehydrate after sleep
- Eat a balanced breakfast with protein and fiber
A steady breakfast helps avoid mid-morning energy crashes.
- Enjoy your coffee or tea mindfully rather than rushing it
- Take any vitamins or medication you usually have in the morning
- Avoid sugary drinks or snacks first thing where you can

Move Your Body

- Stretch for a few minutes to loosen up after sleep
- Do a short walk, workout, or yoga session
- Step outside for fresh air if the weather allows
- Stand tall and roll your shoulders to reset your posture
- Keep movement gentle and realistic for a weekday morning

Calm Your Mind

- Spend a few minutes on meditation, prayer, or quiet breathing
- Write down one to three things you are grateful for
Gratitude in the morning can lift your mood for the whole day.
- Set a calm intention or word for how you want the day to feel
- Avoid scrolling news or social media until you feel settled
- Read a few pages or listen to something uplifting

Plan Your Day

- Review your calendar and key appointments for the day
- Choose your top one to three priorities for the day
- Write a short, realistic to-do list
- Note anything time-sensitive you must not forget
- Pack your bag and prepare what you need before leaving

Get Ready and Go

- Wash up, brush your teeth, and follow your skincare routine
- Get dressed in something that makes you feel ready
- Tidy your space quickly so you return to calm later
- Do a final check of keys, wallet, phone, and essentials

Leave with a little buffer time so you are not rushing