

## **Morning Routine Checklist**

**Transform your mornings in 7 days with these 10 science-backed habits psychologists recommend.**

Track your progress each day, stay consistent, and notice the difference in your energy, focus, and mood.

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### **Instructions**

1. Print this sheet and keep it where you'll see it every morning.
2. Check off each habit as you complete it.
3. Aim for consistency, not perfection. Small wins build momentum.

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### **Your Morning Routine Tracker**

<b>Habit</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>1. Wake up early (consistent time)</b>	<input type="checkbox"/>						
<b>2. Hydrate (16–24 oz water)</b>	<input type="checkbox"/>						
<b>3. Mindful meditation (5–10 min)</b>	<input type="checkbox"/>						
<b>4. Exercise (20–30 min)</b>	<input type="checkbox"/>						
<b>5. Eat a healthy breakfast</b>	<input type="checkbox"/>						
<b>6. Avoid screens for first hour (digital detox)</b>	<input type="checkbox"/>						
<b>7. Write in gratitude journal</b>	<input type="checkbox"/>						
<b>8. Visualization practice (5–10 min)</b>	<input type="checkbox"/>						
<b>9. Plan and prioritize top 3 tasks</b>	<input type="checkbox"/>						
<b>10. Review and reflect before work</b>	<input type="checkbox"/>						

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### **Weekly Reflection**

- Which habits felt easiest to maintain?
- Which ones improved your energy or focus the most?
- What obstacles came up, and how can you adjust for next week?
- What's one thing you're proud of from this week?

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### **Motivation Notes**

- Consistency beats intensity.
- The goal isn't perfection — it's progress.
- Every checked box means a stronger, calmer, more focused version of you.