



MORNING CHECKLIST

- ☐ "I AM Success, I AM Awesome"
- ☐ Sit up & wiggle your toes
- ☐ Stretch to the celing
- ☐ 5 Min Deep Breathing
- ☐ 8 oz Glass of Water
- ☐ Breakfast snack (fruit)
- ☐ Coffee/ Tea/ Smoothie?
- ☐ "What can I conquer next"?

