MORNING ROUTINE & MINDFUL WAKE-UP CHECKLIST

HIGH ENERGY, CLARITY & INTENTIONAL FOCUS

TARGET WAKE TIME: ____:____ AM IDEAL SLEEP TIME: ____:____ PM HYDRATION TARGET: _____ OZ WEEK OF: ____/____/20____

MY MORNING INTENTION / AFFIRMATION: _____

PHASE 1: PHYSIOLOGICAL AWAKENING (0 - 15 MIN - BODY & LIGHT)

[ ] Drink 16-24 oz water with pinch of sea salt & lemon	*Rehydrate after 7-8 hrs sleep*
[ ] Make bed immediately (First organized victory of the day)	*Sets discipline anchor*
[ ] 5-10 minutes outdoor sunlight or bright daylight viewing	*Anchors circadian rhythm*
[ ] Splash cold water on face & complete dental/skincare	*Stimulates alertness*
[ ] _____	*Personal morning body habit*

PHASE 2: MINDFUL CENTERING & STILLNESS (15 - 35 MIN - MIND & SOUL)

[ ] 5-10 minutes silent meditation, prayer or box breathing	*Calms nervous system*
[ ] Write down 3 specific things I am deeply grateful for	*Primes positive mindset*
[ ] 10-15 minutes inspirational reading (non-fiction / scripture)	*Feeds high-value wisdom*
[ ] Morning brain dump & mental clarity journaling	*Discharges anxiety / clutter*
[ ] _____	*Personal mindfulness habit*

PHASE 3: PHYSICAL MOVEMENT & CLEAN NOURISHMENT (35 - 60 MIN - ENERGY)

[ ] 15-20 min mobility stretch, yoga flow, brisk walk or workout	*Boosts dopamine & bloodflow*
[ ] Invigorating shower (finishing with 30-sec cool rinse)	*Elevates core body temp*
[ ] Clean high-protein breakfast or mindful electrolyte fuel	*Stabilizes blood sugar*
[ ] Mindful coffee / tea (delayed 60-90 min after waking)	*Prevents afternoon caffeine crash*
[ ] _____	*Personal energy habit*

PHASE 4: STRATEGIC DAY PRIMING (60 - 75 MIN - FOCUS & DEEP WORK)

[ ] Review daily calendar, meetings & critical deadlines	*Eliminates surprises*
[ ] Identify TOP 3 non-negotiable priority outcomes	*Guarantees mission progress*
[ ] Strict digital boundary: zero social media or news feeds	*Protects focus runway*
[ ] Clear workspace and prepare materials for Deep Work Block #1	*Zero friction startup*
[ ] _____	*Personal focus habit*

WEEKLY ROUTINE CONSISTENCY LOG:

MON	TUE	WED	THU	FRI	SAT	SUN
[ ] Done	[ ] Done	[ ] Done	[ ] Done	[ ] Done	[ ] Done	[ ] Done