

Morning ROUTINE BUILDER

FIRST, GET A DOPAMINE BOOST 🎉

(Choose one task to do **first** to help your brain feel motivated and set a timer to keep you on track.)

💡 *Reminder: Avoid electronics & doom scrolling first thing in the morning*

- | | |
|---|--|
| <input type="checkbox"/> LISTEN TO UPBEAT MUSIC 🎵 | <input type="checkbox"/> SPEND 5 MINUTES ON A CREATIVE HOBBY 🎨 |
| <input type="checkbox"/> DRINK A FAVORITE BEVERAGE 🥤 | <input type="checkbox"/> PLAY A QUICK GAME OR DO A PUZZLE 🎮 |
| <input type="checkbox"/> 2 MIN OF MOVEMENT (STRETCHING, DANCING, ETC) | <input type="checkbox"/> OTHER: _____ |

NON-NEGOTIABLES (TASKS YOU DO EVERY DAY) 📝

These are your **anchor habits**—the tasks that **make your day feel structured and stable** no matter what. Keep this list short to avoid overwhelm

💡 *Example: Take medication, brush teeth, drink water*

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

CHOOSE 3-4 SMALL WINS 🏆

Pick a few tasks that make your morning smoother but aren't urgent. Rotate them as needed!

💡 *Example: Prep lunch, review schedule, tidy up a small space*

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

SET AN INTENTION FOR THE DAY ✨

What's one word, goal, or mindset you want to carry into today?

➡ **Today, I want to feel:** _____