1. Wake Up with Intention

Today, I will focus on what matters most...

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2. Hydrate and Nourish Your Body

- ☐ *Drink at least one glass of water immediately after waking.*
- ☐ *Add a protein-rich or high-fiber breakfast to stabilize energy levels.*
- ☐ *Avoid immediately checking your phone or email—let your body wake up first.*

3. Move Your Body

- ☐ *Stretching or yoga for flexibility and calm*
- ☐ *A brisk walk or light cardio to energize your body*
- ☐ *Quick bodyweight exercises to activate your muscles*

4. Mindfulness or Meditation

- ☐ *Try 5-10 minutes of meditation or deep breathing.*
- ☐ *Write down 1-3 things you are grateful for.*
- ☐ *Review your priorities for the day—what truly matters?*

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5. Plan Your Day Strategically

- ☐ *Make a short to-do list with 3 top priorities.*

1. _____

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2. _____

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3. _____

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6. Avoid Distractions Early On

- ☐ *First phone-free hour.*
- ☐ *Set up a distraction-free workspace if you plan to tackle tasks immediately.*

7. Add a Personal Growth Habit

- ☐ *First phone-free hour.*
- ☐ *Set up a distraction-free workspace if you plan to tackle tasks immediately.*
- ☐ *Write a short journal entry or daily prompt reflecting on your mindset.*