

MORNING SELFCARE CHECKLIST

Daily Routine
THAT WILL CHANGE YOUR LIFE

Date: _____

	S	M	T	W	T	F	S
Wake up early	<input type="checkbox"/>						
Positive affirmation	<input type="checkbox"/>						
Drink water	<input type="checkbox"/>						
5 Mins of meditation	<input type="checkbox"/>						
Gratitude journaling	<input type="checkbox"/>						
Review goals for the day	<input type="checkbox"/>						
Get ready for the day	<input type="checkbox"/>						
Eat breakfast	<input type="checkbox"/>						
Natural light exposure	<input type="checkbox"/>						

Notes

MORNING RITUAL

Self-care Affirmations



1. I AM GRATEFUL FOR THE GIFT OF A NEW DAY AND THE OPPORTUNITIES IT BRINGS.
2. I AM IN CONTROL OF MY THOUGHTS, AND I CHOOSE POSITIVITY.
3. TODAY, I EMBRACE JOY, LOVE, AND ABUNDANCE IN ALL ASPECTS OF MY LIFE.
4. I AM READY TO TACKLE ANY CHALLENGES THAT COME MY WAY.
5. I AM SURROUNDED BY OPPORTUNITIES FOR GROWTH AND SUCCESS.
6. MY MIND IS CLEAR, AND MY BODY IS ENERGIZED FOR THE DAY AHEAD.
7. I ATTRACT POSITIVE ENERGY AND REPEL NEGATIVITY.
8. I AM AT PEACE WITH MY PAST, PRESENT, AND FUTURE.
9. I TRUST IN THE PROCESS OF LIFE AND LET GO OF THINGS BEYOND MY CONTROL.
10. I RADIATE LOVE, KINDNESS, AND COMPASSION TO MYSELF AND OTHERS.

Daily Routine

S M T W T F S

6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	
23:00	

DATE

TODAYS GOALS

- _____
- _____
- _____
- _____

REMINDER

DAILY AFFIRMATIONS

FOR TOMORROW

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