

# Woosah

## Miracle Morning Checklist

### Design Intentional “Me” Time

- Wake up early enough to be alone with yourself.
- Avoid social media for the 1st hour.
- In the bathroom, look in the mirror and give yourself a High 5.
- Say out loud that you love yourself, and YOU GOT THIS!
- Drink water before enjoying any other beverages.

### Escape the House

- Get into the sun as soon as possible (a sunroom or balcony if not outside).
- Get grounded by placing your bare feet into the grass.
- Write in your journal 5-10 things you're grateful for.
- Journal about your dreams and goals.
- Move your body. (Break a Sweat!)

### Cool Down

- Get comfortable and take 90 slow deep breaths.
- Take a cool shower working up to cold. (Do so Gradually.)
- Set a clear intention for your day.