

# Morning Practice

Your daily 45 minute routine.

You can adjust this routine as much as you see fit.

Do all things with the intention of love and self care. You are nourishing your body.

Wake up  
NO PHONES!

3 Deep Breaths  
3, 2, 1... Get Up

Start warm beverage  
Use Restroom  
Rinse Face with Cool Water  
Brush Teeth  
Brush Hair  
Prepare Mindful Space  
Prepare Beverage  
15 Minutes

Meditation & Yoga  
25 Minutes

Gratitude & Journal  
5 Minutes

