

Morning Energy Planner

The Night Before

Energizing Breakfast Ideas

Energy Boosters

Your Morning Routine Checklist

- Have a satisfying, healthy dinner
- An evening routine + tidy the house
- Bedtime at _____
- Wake up without your phone
- Drink a glass of water (or tea) with lemon or apple cider vinegar
- Drink at least 5 glasses of water throughout the day
- Repeat 3 days in a row

What to do in the Mornings

- Hydrate
- Exercise
- Pray
- Study God's Word
- Take a Bath
- Drink tea
- Journal
- Go for a walk
- Deep breathe
- Write a to-do list
- Snuggle in bed
- Research
- Check your Planner
- Update your Calendar
- Avoid TV, Phones, News