

MORNING RITUALS CHECKLIST

Monday to Saturday

	M	T	W	T	F	S
1 litre H2O						
Deep Breathing						
Face Massage						
Face Mask						
Hair Oiling						
Read a few pages						
Creative Work						
Exercise / Yoga						

Other great rituals to incorporate

Take vitamins

Say a prayer

Meditation

Listen to a podcast

Get a massage

Learn a new skill

Oil pulling

Manifestation rituals

Go outdoors