

MAKE THE MOST OF YOUR MORNING:

# MORNING *routine* CHECKLIST

BONUS RESOURCE



WELCOME TO YOUR

# MORNING ROUTINE CHECKLIST!

If you haven't already done so, my latest blog post "[6 Hacks That Will Turn You Into a Morning Person](#)" is all about how to make the most of your morning by establishing a simple yet effective routine.

[Not sure how to do that?](#)

No problem — use this guide to help you through a morning routine that will lead you into a successful, productive, energised day, and stay on track with my helpful printable on the last page!

# MORNING AFFIRMATIONS

Repeating affirmations in the morning has been proven to increase positivity and promote confidence.

Borrow some of my personal favourite affirmations below, or create your own in the space provided.

I have everything I need to have a great day.

Today, I am going to accomplish whatever I set my mind to.

I am happy, healthy, and grateful for today's opportunities.

I love my life.

I am destined for success.

Abundance is everywhere around me,  
and I am ready to receive it.

I am powerful.





# SET YOUR DAILY INTENTIONS

Your daily intention is what will motivate you to go move throughout your day with purpose and help you stay in a laser-focused mindset. Your daily intention will also push you to commit to your goals and see them through. Write down your intentions for each day of the coming week below.

[Fill out your daily intention on the checklist page](#)

# JOURNALING

Focusing on gratitude and goal-setting through a morning journaling practice is one of my top recommendations when it comes to staying present, focused, and positive.

[Fill out my go-to prompts on the checklist page](#)

# BREATHWORK AND MEDITATION

Breathwork and meditation allow you to gain a deeper sense of mental clarity and move through your morning feeling relaxed. Practice both for 10-15 minutes each morning — you can see my top recommendations for guided meditations and breathwork [on the blog](#).

# STRETCHING

Stretching can help you improve your posture and flexibility and increase energy levels. It also relieves some of the not-so-pleasant tension in our muscles from sitting at the computer all day. Starting your morning with 10-15 minutes of stretching not only feels amazing, but it does amazing things for your body as well. See my blog for some of the best morning stretches I recommend for beginners.







# PICK YOUR OUTFIT THE NIGHT BEFORE

Plan out what you'll be wearing tomorrow before you go to sleep each night to fast-track your morning.

# MORNING *routine* CHECKLIST

## MORNING AFFIRMATIONS

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## SELF CARE CHECKLIST

- 10 - 15 MINUTES OF BREATHWORK
- DRINK A GLASS OF WATER
- 10 - 15 MINUTES OF STRETCHING
- SAY YOUR MORNING AFFIRMATIONS
- PICK YOUR OUTFIT THE NIGHT BEFORE
- MAKE YOUR BED

## SET YOUR DAILY INTENTION

TODAYS INTENTION:

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## JOURNALING

WRITE DOWN THREE THINGS YOU'RE GRATEFUL FOR TODAY:

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WRITE DOWN YOUR TOP THREE PRIORITIES FOR THE DAY:

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WRITE DOWN THREE THINGS YOU CAN DO TODAY THAT WILL MAKE YOU FEEL GOOD:

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OLIVIA JENKINS

**THANKS FOR USING THIS FREE RESOURCE.**

Remember to check your emails from me to receive more  
resources like this in the future!

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