

PRODUCTIVE
Morning
ROUTINE

- | | |
|---|---|
| <input type="checkbox"/> Make your bed | <input type="checkbox"/> Make breakfast |
| <input type="checkbox"/> 10 minutes of reading | <input type="checkbox"/> 10 minutes of journaling |
| <input type="checkbox"/> 5-10 mins stretch / walk / run | <input type="checkbox"/> Desk cleaning / set up |
| <input type="checkbox"/> Brush teeth & wash your face | <input type="checkbox"/> Review today's schedule |
| <input type="checkbox"/> Change clothes | <input type="checkbox"/> Write to-do list for today |
| <input type="checkbox"/> Make your coffee or tea | <input type="checkbox"/> Get your day started |

AM TO-DO LIST

PM TO-DO LIST

WRITE SOMETHING YOU'RE GRATEFUL FOR:

WATER INTAKE



MOOD TRACKER



OUR *Team Routine* MUST HAVES



Nick's Routine Must-Haves:

- Coffee
- God Time
- Breakfast with wifey
- Review Tasks For The Day

Vanessa's Routine Must-Haves:

- Time Outdoors
- Morning Matcha Latte or tea
- Reading 30 minutes or journaling
- Time with my Husband & Dog



Bryans's Routine Must-Haves:

- Watch Motivational Videos
- Stay Hydrated
- Consistent Sleep Schedule
- Relaxing Downtime

Tristan's Routine Must-Haves:

- Make A Plan For The Day
- Have A Good Breakfast
- Check New Listings
- Listen To Good Music To Set The Tone

