



Healthy Morning
Habits Checklist



Healthy Morning Habits Checklist

Good morning, sunshine! The following checklist serves as a guide to support you in creating a balanced and nourishing morning routine. Apply only the steps that work for you in your routine, and disregard the rest.

Take it easy

Aim to start the day without rushing. Wake up a little bit earlier, if you can. Let in the natural light.

Breathe & 5 - 4 - 3 - 2 - 1

If possible, take as little as 2 - 5 minutes in the morning to meditate.

If meditating feels overwhelming, try this simple exercise: take a deep breath and say aloud to yourself:

- 5 things you can SEE
- 4 things you can FEEL
- 3 things you can HEAR
- 2 things you can SMELL
- 1 thing you can TASTE

This practice helps to bring us into the present moment, and makes us more aware of our inner and outer environments.

Screens off

Aim to limit or avoid the TV in the morning. Replace with soothing music if you'd like. Aim to check the phone for messages only after breakfast.

Hydrate

Aim to drink a tall glass of water or tea upon waking. Flavour with sliced cucumber, fresh citrus fruits, or a splash of fruit juice if desired. Continue to hydrate throughout the morning with more water or tea.

Enjoy a wholesome breakfast

Enjoy a wholesome, high-fibre breakfast. If you take vitamins, such as B12 or vitamin D, it helps to get into the routine of having these with breakfast, so they are not forgotten. Share mealtimes with someone, if possible. Aim to be mindful as you eat: actually see, feel, hear, smell and taste the food in front of you.

This is one of our favourite daily mindfulness practices

This exercise can help to bring so much awareness

Check-in with yourself

Fill out or discuss with someone the following during or just after breakfast

- I am thinking _____
- I am feeling emotionally _____
- I am feeling physically _____
- My two intention for the day are
 1. _____
 2. _____
- Two things I'm grateful for are
 1. _____
 2. _____
- One thing that would add to my happiness today would be _____

Visualize

Draw up an action plan the night before of how you'd like the next day to be, and the things you'd like to accomplish. Spend a couple minutes in the morning visualizing yourself doing these things.

Get snacking

Prepare and set aside your snacks for the day so they are readily on hand.

Clear surfaces

Clear clutter off all surfaces before leaving the house so you can come home to a clean space.

Fresh air & body love

Exercise if and when possible. Otherwise, try to get some fresh air. Consider going for a walk, a short cycle, or do some light stretching at home.

Add your own personalized morning habits in the empty spaces above (eg. brush teeth, make lunch).

"It is absolutely necessary that you lift yourself upwards daily. Fight and struggle with yourself if you have to, but at least once a day, make the choice to elevate energetically: mentally, emotionally, spiritually or physically."

~Talia Sutral