

Morning Self-Care Routine Ideas



- Make breakfast / Hydrate
- Make bed / Tidy space
- Exercise / Yoga
- Meditate / Pray
- Spend time outdoors
- Play music that makes you feel good
- Take an indulgent shower or bath
- Read / Journal / Update planner
- Unplug from social / Turn off ringer
- Set goals for the day
- Recite positive affirmations
- Spend time on a hobby or new activity

