

# *Simple morning routine builder*

Build a Morning That Works for You



## *Simple Morning Ritual*

*You don't need a 12-step routine.*

*You need a simple structure you can actually follow.*

*This builder helps you design a realistic morning — one that boosts your energy without overwhelming you.*

### *Step 1 — Your Wake-Up Window*

*What time do you wake up?*

*What time do you realistically need to start your day?*

*How many minutes do you actually have?*

- 15 minutes
- 30minutes
- 50minutes
- 60+ minutes

## *Step 2 — Pick 1 From Each Category*

### ***Mind***

- Gratitude list (3 things)
- Deep breathing (2–5 min)
- No phone for first 15 minutes

### ***Body***

- Drink a glass of water
- 5–10 minute stretch
- Short walk
- Light mobility

### ***Focus***

- Write top 1 priority for the day
- Review schedule
- Set intention for the day
- Plan meals loosely

## *Step 3 — Your Custom Routine*

*My Morning Flow:*

*Total Time: \_\_\_\_\_ minutes*

*Keep it realistic. Keep it repeatable.*

## *The 80% Rule*

*You don't need a perfect morning.*

*You need a consistent one.*

*If you complete even 2 out of 3 steps — it counts.*

*One intentional morning can shift your entire day.*

*This isn't about a complete lifestyle change — it's a foundation. A straightforward framework designed to help you wake up with clarity rather than chaos. Just a few grounded actions, a touch of direction, and a small victory before the day begins.*

*Because how you begin the day truly matters.*

*Once you witness the impact that even a basic morning routine can have on your energy and focus, you'll understand why comprehensive health systems — featuring layered routines, weekly resets, and in-depth tracking — lead to meaningful change.*

*Start simple.*

*Build momentum.*

*Then elevate your system..*