



MORNING *routine*

- Minute 1-2: Wake Up
- Minute 2-3: Body Refresh
- Minute 3-4: Hydrate
- Minute 4-5: Nourish your Body
- Minute 5-6: Affirmations
- Minute 6-7: Light Stretching
- Minute 7-8: Journal
- Minute 8-10: Choose Joy

Notes:
