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- Drink a glass of water to start the day
 - Enjoy 45 minutes of exercise
 - Get some fresh air
 - Have a healthy breakfast
 - Enjoy a warm morning drink
 - Plan out your day in your planner
 - Stretch your body
 - Take regular breaks
 - Enjoy some sunshine
 - Take hot/Cold bath or shower
 - Read something meaningful
 - Play some invigorating music
 - Disconnect
 - Eat a healthy snack
 - Wind down by avoiding bright light at night
 - Get in bed before 10pm
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One

Good

Habit