



THE YELLOW MORNING ROUTINE

PLAN THE NIGHT BEFORE

- ☐ Set tomorrows goals
- ☐ Create a priority list
- ☐ Add key activities to calendar
- ☐ Pack/cook lunch
- ☐ Put out clothes
- ☐ _____
- ☐ _____
- ☐ _____

THE BODY & MIND

- ☐ Stretch/workout
- ☐ Meditate
- ☐ Read/Listen to a podcast
- ☐ Have a balanced breakfast or fast
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

THE INTITIAL WAKE UP

- ☐ Do not negotiate with the alarm - up is up
- ☐ Make the bed
- ☐ Drink a glass of water
- ☐ Deep breaths
- ☐ Kiss your loved ones (pets included)
- ☐ _____
- ☐ _____
- ☐ _____

SELF-CARE

- ☐ Brush teeth and floss
- ☐ Wash face and moisturise
- ☐ Brush hair
- ☐ Cold shower
- ☐ Get dressed
- ☐ _____
- ☐ _____
- ☐ _____