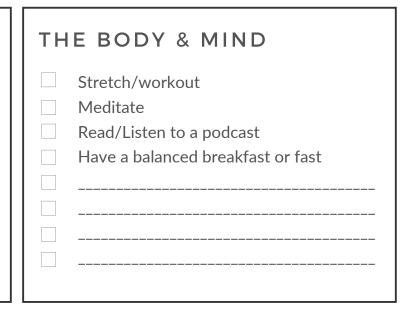


THE YELLOW MORNING ROUTINE



PLAN THE NIGHT BEFORE		
	Set tomorrows goals	
	Create a priority list	
	Add key activities to calendar	
	Pack/cook lunch	
	Put out clothes	

THE 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	