

“That Girl” Morning Routine

The Night Before

- Set out your workout clothes
- Prep anything you need for breakfast
- Put your phone on charge outside the bedroom
- Set your alarm for the same time as yesterday
- Write down your top three priorities for tomorrow

Morning Non-Negotiables

- Wake up without hitting snooze
- Drink a full glass of water immediately
- Make your bed
- No phone for the first 30 minutes

Movement

- Complete your chosen form of movement (any length, any type)
- Stretch or cool down afterward

Mindfulness

- Journal, meditate, or take quiet time – minimum 5 minutes
- Set an intention or review your top three priorities for the day

Nourishment

- Eat a proper breakfast with protein
- Have a second glass of water or herbal tea

Get Ready

- Skincare routine (morning)
- Get dressed in a way that makes you feel good
- Do whatever "ready" means for you – without rushing