

# Free Morning Peace

## Checklist

*A simple guide to start your day with mental clarity and calm*

### Before You Begin

- ☐ Wake up at the same time as yesterday.
- ☐ Do not check your phone for the first 15 minutes.

### Step 1: Hydration

- ☐ Drink 1-2 glasses of water
- ☐ Optional: add electrolytes
- ☐ Delay coffee until after hydration

### Step 2: Set Your Intention (2 minutes)

- ☐ Ask: What kind of mental state do I want today?
- ☐ Write one word (calm / focused / patient / steady)

### Step 3: Gentle Movement (5–15 minutes)

- ☐ Stretch or do light yoga
- ☐ OR take a short walk outside
- ☐ OR do brief high-energy movement



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### Step 4: Mental Stillness (3–10 minutes)

- ☐ Slow breathing (box breathing or deep breaths)
- ☐ OR short meditation
- ☐ OR quiet sitting with eyes closed



### Step 5: Balanced Fuel

- ☐ Include protein
- ☐ Include healthy fats
- ☐ Avoid high-sugar foods



### Step 6: Plan Before You Consume

- ☐ Write your top 3 priorities
- ☐ Decide when you'll do the most important task
- ☐ Avoid email and social media until after planning



### Common Reminders

- ☐ Keep the routine short and repeatable
- ☐ One habit > many habits
- ☐ Consistency matters more than perfection



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### 🌱 Weekly Reflection (Optional – Once a Week)

- ☐ What helped my mental clarity most this week?
- ☐ What felt forced or unnecessary?
- ☐ What will I simplify next week?

### Reminder:

*"Mental peace is built through repetition, not intensity."*

