

# Simple 5 Step Morning Routine

## Gratitude

Wake up early and think of 5 things you are grateful for,

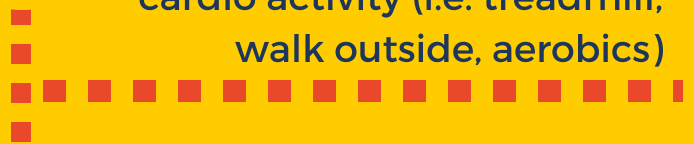
STEP  
**01**



STEP  
**02**

## Put Your Sneakers On

20 minutes of your favorite cardio activity (i.e. treadmill, walk outside, aerobics)



## Drink Water

Hydrate.

STEP  
**03**



STEP  
**04**

## Get Into Flow

Sit down in a clean, uncluttered space. Begin your creative work (writing, painting, playing musical instrument, etc.).



## Treat Yourself

Yes! Reward yourself with something you enjoy, you deserve it!

STEP  
**05**

yes

