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## Healthy Morning Habit Checklist

Start your day strong by building positive momentum with these simple, proven habits:

### Wake Up Right

- Get up at a consistent time every day
- Place your alarm across the room
- Avoid hitting snooze

### Mind & Mood

- Spend 5–10 minutes stretching or moving
- Do 1–2 minutes of deep breathing or meditation
- Write down 3 things you're grateful for

### Fuel Your Body

- Eat a balanced breakfast with protein & fiber



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Drink 8–12 oz of water (add lemon for bonus detox)

Delay coffee until after hydrating

## Digital Detox

Avoid phone use for at least 30 minutes after waking

Use that time to read, plan, or connect with yourself

Keep devices out of your bedroom at night

## Stay Focused

Set your top 3 priorities for the day

Visualize success and speak positive affirmations

Print or save this checklist as a daily reminder to reinforce your healthiest self—starting first thing in the morning!