

# Start your day Right

## CHECKLIST

- 1 GET ENOUGH SLEEP
- 2 PREPARE THE NIGHT BEFORE
- 3 WASH YOUR FACE
- 4 EXERCISE
- 5 THINK ABOUT THE GREAT THINGS THE DAY WILL BRING
- 6 HAVE A GOOD BREAKFAST
- 7 SET YOUR GOALS
- 8 READ SOMETHING POSITIVE AND INSPIRATIONAL
- 9 MAKE A GRATITUDE LIST
- 10 SET YOUR GOALS
- 11 ITS GOING TO BE A GREAT DAY!