

Morning Routine

30 Mins of ME

1st 15 MINS

Filtered water w/lemon (fresh)
+ (ACV)Apple cider vinegar

Gratitude - 3 + things you are grateful for
Goals - 3+ things driving you in the next 6 months

What am I going to achieve today?
How can I make today amazing?

1st 30 MIN

500ml filtered water

Protein Breakfast
eg, protein powder/6 almonds /

15 Min Exercise

5 Min Meditation focus on breath and affirmations