



5-DAY MORNING ROUTINE CHALLENGE

Welcome to the 5-Day
Morning Routine
Challenge!

Over the next five days,
you'll embark on a journey
to cultivate an
intentional morning
routine that sets the tone
for a successful and
fulfilling day.

Each day, you'll add a new
task to your morning
routine, gradually
building a set of habits
that contribute to your
overall well-being and
productivity.

Let's do it <3



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MORNING ROUTINE DAY 1

- ✓ Wake up 10 min earlier
- ✓ Drink a glass of water





MORNING ROUTINE DAY 2

- ✓ Wake up 10 min earlier
- ✓ Drink a glass of water
- ✓ Make bed





MORNING ROUTINE DAY 3

- ✓ Wake up 15 min earlier
- ✓ Drink a glass of water
- ✓ Make bed
- ✓ Meditate 5 min (search on YouTube for guided meditations)





MORNING ROUTINE DAY 4

- ✓ Wake up 15 min earlier
- ✓ Drink a glass of water
- ✓ Make bed
- ✓ Meditate 5 min
- ✓ Say 5 affirmations





MORNING ROUTINE DAY 5

- ✓ Wake up 20 min earlier
- ✓ Drink a glass of water
- ✓ Make bed
- ✓ Meditate 5 min
- ✓ Say 5 affirmations
- ✓ Eat breakfast





Well done on successfully completing the 5-Day Morning Routine Challenge!!!

By dedicating time to cultivate intentional habits, you've taken the first steps towards setting a positive tone for your day and, ultimately, your life.

Your commitment to personal growth is commendable.

Now, as you stand at the end of this challenge, it's important to acknowledge that the real challenge lies ahead - maintaining consistency. The habits you've developed over the past five days are the building blocks of a resilient and empowering morning routine. Here's to embracing the ongoing journey.

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The Real Challenge Starts Now: Be Consistent!

1. **Commit to Your Morning Routine:** Decide to make your morning routine a non-negotiable part of your day. Treat it with the same importance as any other crucial commitment.
2. **Adapt and Personalize:** Recognize that your routine may need adjustments over time. Life is dynamic, and your morning routine should evolve to meet your changing needs and goals.
3. **Start Small, Grow Gradually:** If your routine feels overwhelming, remember that consistency is more important than complexity. Start with a manageable routine and gradually add elements as you become more comfortable.

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4. Stay Flexible: Life is unpredictable, and there will be days when your routine might be disrupted. Instead of seeing this as a failure, adapt your routine to accommodate unforeseen circumstances.

5. Celebrate Progress: Acknowledge and celebrate the progress you make along the way. Small victories build momentum and reinforce positive habits.

6. Mindset Matters: Approach each morning with a positive mindset. Consider it an opportunity to invest in yourself and set the stage for a productive and fulfilling day.

7. Accountability: Share your morning routine goals with a friend or family member. Having someone to encourage and hold you accountable can be a powerful motivator.

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