



HEALTH AND WELLBEING CHECKLIST

Date

38

Mindful Morning Practices

Starting your morning mindfully sets a positive tone for the day. Use this checklist to establish a calming and focused morning routine.

Wake Up with Gratitude

- Reflect on something you're thankful for as soon as you wake up.
- Example: "I'm grateful for the sunshine today."



Hydrate First Thing

- Drink a glass of water to rehydrate your body after sleeping.
- Stretch or Move Gently



Incorporate light stretches or yoga to awaken your body.

- Example: Do a few sun salutations or neck rolls.
- Practice Deep Breathing



Spend 1-2 minutes focusing on slow, deep breaths to centre yourself.

- Avoid Immediate Screen Time
- Delay checking your phone or emails to start the day with clarity.



Set an Intention for the Day

- Choose a focus or goal to guide your actions.
- Example: "Today, I will approach challenges with patience."



Eat a Nourishing Breakfast

- Choose whole, balanced foods to fuel your morning.
- Example: Oatmeal with fruit and nuts or a smoothie with greens.



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Checklists



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Mindful Morning Practices

Journal or Reflect

- Write down thoughts, goals, or reflections to organise your mind.
- Plan Your Day



Review your schedule and prioritise key tasks.

- Engage in a Quiet Activity
- Read, meditate, or enjoy a hobby before diving into your responsibilities.



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