

My Personal AM Routine Worksheet

What it is:

A simple but powerful flow to start my day with clarity, energy, and intention.

Why it works:

Before I open emails or check DMs, I align my energy. I move my body. I set my intention. Then I lead.

My Flow:

Movement

- 15-30 minutes of walking, yoga, or a short workout to shake off sleep and activate the body.

5-Minute Mindset Reset

- What am I grateful for today?
- What's my intention for today?
- How do I want to show up?

Top 3 Priorities Before Noon

1. _____
2. _____
3. _____

Boundaries Before Meetings

- Block time for deep work.

- Silence notifications.
- Protect creative energy before jumping into reactive mode.

Repeat daily. Show up different. Lead with heart.