

A soft, out-of-focus photograph of a morning scene. In the foreground, a white ceramic mug with a dark rim sits on a wooden tray. Next to it is an open notebook with handwritten text and a small illustration. A book with a patterned cover lies nearby. The background shows a bed with white, rumpled bedding. The entire image has a muted, greyish tone, with a dark grey vertical bar on the left side containing the title text.

# 7 MORNING RITUALS TO GUARANTEE A GREAT DAY

GYPSYSOUL.CO.UK

# 7 MORNING RITUALS

1

**7 AM**

Stretch your whole body

2

**7.05 AM**

Make your Bed

3

**7.15 AM**

Do your morning affirmations

4

**7.20 AM**

Exercise, even 5 - 10 mins can help

5

**7.30AM**

Dry brush your whole body

6

**7.40 AM**

Drink a glass of cold water or try a glass of warm water with lemon

7

**7.45 AM**

Set some goals for the day

# be happy today



**DATE**



**GOALS FOR TODAY**

1 .....

2 .....

3 .....

4 .....

5 .....

6 .....



**THINGS TO DO**



**MORNING AFFIRMATIONS**