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Healthy Morning Habit Checklist

Start your day strong by building positive momentum with these simple, proven habits:

Wake Up Right

- Get up at a consistent time every day
- Place your alarm across the room
- Avoid hitting snooze

Mind & Mood

- Spend 5–10 minutes stretching or moving
- Do 1–2 minutes of deep breathing or meditation
- Write down 3 things you're grateful for

Fuel Your Body

- Eat a balanced breakfast with protein & fiber



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Drink 8–12 oz of water (add lemon for bonus detox)

Delay coffee until after hydrating

Digital Detox

Avoid phone use for at least 30 minutes after waking

Use that time to read, plan, or connect with yourself

Keep devices out of your bedroom at night

Stay Focused

Set your top 3 priorities for the day

Visualize success and speak positive affirmations

Print or save this checklist as a daily reminder to reinforce your healthiest self—starting first thing in the morning!