

My Morning Feel-Good Checklist



Date: _____

Take 3 big sighs and relax your muscles

Turn up the corners of your mouth and smile

Do some morning stretches

Drink a large glass of water

Name 5 things you are grateful for

Write your goals for the day

Eat a healthy breakfast

It is really important to eat a healthy breakfast of things like porridge, fruit, juice, wholemeal toast ... to start you off on the right foot.

Get Moving

Get into the habit of doing some physical activity to boost your metabolism and raise energy levels first thing. Going for a jog, a walk, or having a dance are all great ideas

Notes

