

Today:

MY SELF-CARE MORNING ROUTINE



- 1 _____
- 2 _____
- 3 _____

"Always reach for the next best version of yourself." - KMack

TOP 3 GOALS

CATCH ALL CHAOS

- 1 _____
- 2 _____
- 3 _____

- 6am _____
- 7am _____
- 8am _____
- 9am _____
- 10am _____
- 11am _____
- 12pm _____
- 1pm _____
- 2pm _____
- 3pm _____
- 4pm _____
- 5pm _____
- 6pm _____
- 7pm _____
- 8pm _____
- 9pm _____

