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# Morning Routine Journal

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A 30-Day Guided Journal



Hybrid

Created with LoomJournals

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# How to Use This Journal

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Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Fill in your wake-up time and rate your sleep quality, energy, and mood each morning
  - Check off morning habits as you complete them — exercise, meditation, breakfast, water
  - Write three things you are grateful for to prime your brain for positivity
  - Set a morning affirmation and one clear intention for the day
  - Use the reflection space to capture dreams, emotions, or thoughts before they fade
  - Review weekly to spot patterns and refine your ideal morning routine



Scan for a detailed guide on how to use this journal

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Mood on waking:  1  2  3  4  5  6  7  8  9  10

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Meditation:

Healthy breakfast:

Water intake:



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