

Simple Ways to Make Summer Mornings Better

SIMPLE

- Wake up with a different summer-themed song every morning.
- Try a 10-minute light stretching routine.
- Step outside for some sun and fresh air or open the windows.
- Take a shower and brush your teeth.
- Hydrate.



MORE

- Make yourself your favorite summer breakfast.
- Have a coffee, tea, or smoothie (based on what you prefer).
- Have breakfast outdoors (on the balcony or on the patio) if possible.
- Send a morning message to someone you care about.
- Put on a summer morning playlist.

EMPOWER

- Journal for a few minutes.
- Write down your goals for the day.
- Take a photo of something that inspires you.
- Do at least one small thing that makes you happy.
- Make your bed and get ready for the day.