



Morning Routine Wellness Checklist

- Gratitude - Positive Self Talk**
- TSA Reset - Talk Down**
- Visual Meditation - Color Gold**
- Sun Salutation - Spine Stretches**
- Dynamic Stretching - Exercise**
- Qi Gong 3 to 4 Patterns**
- Self Foot Massage (light touch)**

**You are ready for an
Awesome Day!**