



# Petal & Paper

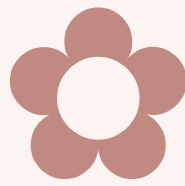
YOUR FREE PRINTABLE

## Morning self-care ritual checklist



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M O R N I N G   R I T U A L

# self-care morning

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**Move** · ☐ walk ☐ stretch ☐ yoga ☐ gym \_\_\_\_mins

**Hydrate** · Glass of water before coffee: ☐

**Nourish** · Nutritious breakfast: ☐ \_\_\_\_\_

**Mind** · ☐ journal ☐ meditate ☐ read \_\_\_\_mins

**Skin** · Morning skincare + SPF: ☐

**Intention** · One thing I am grateful for: \_\_\_\_\_

**Prepare** · Know today's top priority: ☐

A M O R N I N G   S P E N T   O N   Y O U R S E L F   I S  
N E V E R   W A S T E D

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