



# Waking Up Refreshed Worksheet

This worksheet is designed to help you establish a morning routine that leaves you feeling refreshed, energized, and ready to take on the day. By following the tips and activities outlined in the worksheet, you can gradually improve the quality of your mornings, leading to a more productive and positive day overall

## Night Before Preparation.

Choose a bedtime that allows you to get 7-8 hours of sleep.

Use an alarm to remind you to start winding down 30 minutes before bed.

## Create a Pre-Sleep Routine

List three relaxing activities you can do before bed (e.g., reading, meditation, stretching).

1

2

3

## Prepare for the Morning

Write down three tasks you can do the night before to make your morning smoother (e.g., laying out clothes, preparing breakfast)

1

2

3

## Morning Routine

Set a morning alarm at the same time each day, even on weekends.

Write down a strategy to help you get out of bed without hitting snooze (e.g., placing the alarm across the room)

Drink a glass of water as soon as you wake up



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	<b>Morning Hydration</b>
	Drink a glass of water as soon as you wake up
	<b>Light Exposure</b>
	Spend 10 minutes in natural light or use a light therapy lamp
	<b>Morning Movement</b>
	List two physical activities you can do to get your blood flowing (e.g., stretching, yoga, short walk)
1	
2	
	<b>Morning Affirmations:</b>
	Write down three positive affirmations to say each morning.
1	
2	
3	
	<b>Gratitude Practice</b>
	List three things you're grateful for each morning
1	
2	
3	