



Coffee Morning Routine Challenge

7 Days to More Energized Mornings

Goal: To start my day intentionally with coffee and me time for 7 days, so I can feel more energized, focused, and calm.

Daily Routine Steps



Step 1: Wake up + 1 glass of water (Hydrate before drinking coffee.)

Step 2: 5 minutes of stretching or light movement (Helps get your circulation going.)

Step 3: Make your favorite coffee (Enjoy the aroma and the moment.)

Step 4: Drink your coffee without screens (Focus on the taste, the aroma, and the warmth of the cup.)

Step 5: 10 minutes of me time (Reading, journaling, meditation, or simply quiet.)

Step 6: Set your intention for the day (Write down the three things you will definitely accomplish today.)

	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Motivational message: "Your morning is the fuel for your day – fill it with love, calm, and a good cup of coffee."