

Jumpstart

MORNING ROUTINE

by Daniela Ullmann

#1

Get up at 6 am

#2

30 min Yoga or Run

#3

15 min Meditation where I'll do a breathing exercise and go through the following questions:

What am I grateful for? (three things)

What does my perfect day look like? (visualize the day)

What can I do to achieve my goals today? (three things)

#4

Hot water with lemon

#5

Take a cold Shower

#6

Getting Dressed

#7

Nutritious Breakfast with overnight oats, chia seeds, bananas and blueberries

*"If you want to make your
dreams come true, the first
thing you have to do, is
wake up."*

BUDDHA

READY

TO

*Jumpstart
your life?*

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www.jumpstart-to-success.com