

The Sleekgeek 21-Day Morning Routine Challenge



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 Get a Good Night's Sleep	 Give Yourself Time	 Choose 3 Things to Accomplish	 Don't Hit Snooze	 Go For a Walk	 Stay Unplugged	 Start Slow
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
 Be Here Now	 Stretch	 Body Scan	 Ice, Ice Baby	 Flex Your Brain	 Find Your Zen	 Make Your Bed
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
 Commute With Purpose	 Practice Gratitude	 Wake Up An Hour Earlier	 Visualise	 Exercise	 Affirmations	 Your Personal Plan

www.sleekgeek.co.za/21-day-morning-routine-challenge