

Morning-Ritual Habit-Chain

Turn the routine into an automatic habit loop.

Complete all 4 steps — color in the circle as you go. Don't break the chain.

	 Wake Up	 Tea	 Stretch	 Journal
DAY	WAKE UP	TEA	STRETCH	JOURNAL
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

The chain doesn't need to be perfect — it needs to keep growing.