

Andi's Morning Routine

5:15 am

Wake up to a fabulous new day!

5:30 am

Meditate using the Calm app

5:45 am

Journal

5:55 am

Affirmations and visualizations

6:00 am

Read, usually professional and personal development books
recommended by Coach Dave

6:30 am

Walk the dog and the husband

7:15 am

Hot tea and *New York Times* crossword puzzle

7:40 am

Stretch

7:55 am

Shower and get ready

8:30 am

Start working

