



PURPOSEFUL MORNINGS

MORNING HABITS TO
START YOUR DAY WITH PURPOSE

@michellekimberlee
www.michellekimberlee.com

OWN YOUR MORNING



Welcome! I'm excited to share the morning routine that's helped me start my days feeling more focused, calm, and intentional and to help you build one that works for you too. How you start your morning often shapes how the rest of your day unfolds. Many people wake up, immediately check their phone, rush to get ready, and spend the rest of the day reacting to whatever comes their way. It's easy to let outside circumstances dictate how we feel, rather than intentionally creating the mindset we want to bring into the day.

A simple morning routine helps you start your day with purpose instead of urgency. This isn't about having a perfect morning or waking up at 5 a.m. It's about creating a routine that's realistic, fun, and easy to stick to.

The routine in this guide is the one I personally use to set myself up for a great day. You don't need to follow it exactly, but use it as inspiration and adapt it to suit your own lifestyle. At the end of this guide, you'll also find worksheets and a habit tracker to help you build a morning routine that feels right for you.

Most importantly, remember that consistency will always matter more than perfection. Small positive habits, repeated over time, create positive change.

1: HYDRATE

1. HYDRATE

2: Meditate

The first thing I do after waking up is drink a tall glass of filtered water, often with lemon + a pinch of celtic sea salt.

After sleeping, your body is naturally dehydrated. Drinking water first thing in the morning helps rehydrate your body so you feel refreshed and ready for the day. More importantly, it creates your first small win of the day. Positive momentum!

3: Stretch

Why this works:

- Rehydrates your body after sleep.
- Helps increase alertness.
- Starts the day with a positive habit.

4: Review Day

5: Skincare

6: Breakfast



1: Hydrate

2: MEDITATE

3: Stretch

4: Review Day

5: Skincare

6: Breakfast

2. MEDITATE

Next, I spend 15–20 minutes meditating. If you're just starting, try a guided meditation on YouTube or an app like Insight Timer. I personally prefer sitting in silence for 15–20 minutes, letting thoughts come and go to create a calm, centred mind, but neither approach is better. It comes down to personal preference. You can also meditate while listening to ambient sounds or calming music. Have fun with it!

Why this works:

- Improves focus.
- Reduces mental clutter.
- Helps you begin the day calmly.



1: Hydrate

2: Meditate

3: STRETCH

4: Review Day

5: Skincare

6: Breakfast

3. STRETCH

After meditation, I move into my yoga stretches. I love starting the day this way because it helps me feel grounded, strong and ready for whatever the day brings. If yoga isn't your thing, a simple stretching routine works just as well. The goal is simply to wake up your body with intentional movement. If you can, do it outside or in the morning sun to enjoy some natural light and help reset your circadian rhythm.

Why this works:

- Increases energy.
- Improves mobility.
- Helps you feel ready for the day.



1: Hydrate

2: Meditate

3: Stretch

4: REVIEW DAY

5: Skincare

6: Breakfast

4. REVIEW DAY

Before checking my phone, I take a few moments to review my schedule for the day. Keeping my phone on airplane mode overnight allows me to start the morning with intention rather than distractions. Even when I have a long list of things to do, I focus on the few priorities that will make the biggest difference. I ask myself, “what are the three most important things I need to accomplish today?” This gives me direction, keeps me focused, and helps me move through the day with purpose.

Why this works:

- Creates clarity.
- Reduces overwhelm.
- Keeps you focused on your priorities.



5. SKINCARE

After planning my day, I move into my morning skincare routine. I keep it simple and consistent with a few key steps: cleanser, antioxidant serum (currently using Skin Perfecter Serum by Mishki Co), eye cream, moisturiser and SPF. A consistent skincare routine is an investment in your skin's long-term health. The goal isn't to chase perfection, but to build simple habits that protect, nourish and support your skin every day.

Why this works:

- Supports healthy skin.
- Protects your skin throughout the day.
- Creates a consistent self-care habit.



1: Hydrate



2: Meditate



3: Stretch



4: Review Day



5: SKINCARE



6: Breakfast

1: Hydrate



2: Meditate



3: Stretch



4: Review Day



5: Skincare



6: BREAKFAST

6. BREAKFAST

Finally, I fuel my body with breakfast. I aim for a meal that gives me sustained energy, supports concentration and keeps me feeling good throughout the morning. Starting the day with the right nutrition helps me stay focused. My go-to breakfast is oats with oat milk topped with strawberries, banana, blueberries and blackberries. I also have a protein shake and take my vitamins with breakfast.

Why this works:

- Fuels your body.
- Supports concentration.
- Helps maintain energy levels.





MAKE IT YOURS

I love my morning routine because one habit naturally leads to the next.

Hydrate.

↓

Meditate.

↓

Stretch.

↓

Plan your day.

↓

Skincare.

↓

Fuel your body.

One small action creates momentum for the next. By the time the routine is complete, you've already achieved six positive wins and your day has just started.

Your morning routine doesn't need to look exactly like mine. The most effective routine is one that fits your lifestyle and that you can consistently follow over time. If building an entire routine feels overwhelming, start with just two or three habits that have the biggest impact for you. Once those become part of your daily rhythm, you can gradually add more.

The goal isn't perfection, it's consistency. Small actions repeated every day compound over time and create meaningful change.

MORNING HABITS

Date: / /

HABIT

CUE

TIME

e.g. Drink a tall glass of water

Leave glass on the kitchen bench

6:05am

Notes:

MORNING HABIT TRACKER

The month of:

Year:

SUN	MON	TUE	WED	THU	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

notes:

Motivation:

FINAL THOUGHTS

A productive day doesn't begin when you arrive at work. It begins with the habits you choose in the first hour after waking up. I hope I helped to improve your mornings in some way and gave you some ideas and inspiration to create your own morning routine. Focus on building a routine that is simple, sustainable, and most importantly, one you're going to want to do a keep doing! You don't need to change your life overnight. Just improve by 1% each day. Those small actions will compound into meaningful change over time.

Much love xx

A handwritten signature in a cursive, flowing style, followed by a long, elegant horizontal flourish that extends to the right.