

* VINTAGE * MORNING RITUAL CHECKLIST

- Wake up without your phone (30 minutes screen-free)
- Light incense, a candle, or open a window
- Put on your favourite 60s/70s song
- Sip coffee or tea from a cute vintage mug
- Write 1-2 pages of morning thoughts (pen + paper only!)
- Move your body—stretch, dance, sun salutes
- Eat something slowly and mindfully
- Take a deep breath and smile — it's a brand new day.



*Print this and hang it somewhere groovy.
Mornings are sacred, and you deserve one that
feels like vinyl and sunshine.*