

THE ULTIMATE 10 MINUTE MORNING ROUTINE

8 Noobru-Approved Actions for a better day

- When you wake** - ease into the day, take 10-20 seconds to listen to sounds and adjust to being awake
- Keep your phone on aeroplane mode** (which you switched on the night before) 🚫📱✈️
- Sit up - and meditate for 2-5 minutes.**
- Think about 3 things you're grateful for**
- Write these things down to kick off a journalling session - what else is on your mind?**
- Drink a big glass of Noobru Advantage and/or Noobru Shield**
- Do 45-60 seconds of star-jumps, airpunches and/or running on the spot
- Remind yourself what you're excited to achieve today and this week.**

BONUSES

- Get out in Nature**
- Nourish your brain — Read at least 5 pages of non-fiction.**

Hug your kid, spouse or pet.

