

THE ULTIMATE 10 MINUTE  
**MORNING**  
**ROUTINE**

*A handy 10 minute  
morning routine  
crafted and ready for  
you to use it to  
conquer your day!*



THINK  
**NOBRU**  
DRINK

# THE ULTIMATE 10 MINUTE MORNING ROUTINE

## 8 Noobru-Approved Actions for a better day

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- **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. ❤️

