

# Your Ideal

## *Morning Routine*

### CHECK-LIST



MARGI RUIZ

WAKE UP • PRAY UP • BOSS UP



# MY MORNING ROUTINE:

Why is it important to follow my morning routine?

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I am committing \_\_\_\_\_ minutes a day to ME!

**B O D Y :**

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**M I N D :**

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**S P I R I T :**

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You yourself, as much as anybody in the entire  
universe, deserves your love and affection.  
-Buddha

# Morning Routine Options

Every morning do something for your Body, Mind & Spirit.

## BODY:

☐ **Lemon Water:** 3 Minutes

☐ **Make Your Bed:** 5 Minutes

☐ **Exercise:** 6-60 Minutes

Walking

Running

Bootcamp

Cross Fit

Weight Training

Yoga

Pilates

Swimming

Rebounding

Sports

☐ **Water - Drink Half Your Body Weight  
In Ounces A Day:** 5 Minutes Throughout The Day

☐ **Dry Skin Brush:** 3 Minutes

☐ **Supplementing:** 3 Minutes

## MIND:

☐ **Reading:** 30 Minutes

☐ **Breathing Exercises:** 5-15 Minutes

☐ **Visualization:** 5-15 Minutes

☐ **Encantation:** 5-15 Minutes

## SPIRIT:

☐ **10-5-5 Formula:** 10-15 Minutes

☐ **Devotion:** 5-10 Minutes

☐ **Silence:** 5-20 Minutes

☐ **Meditation:** 5-60 Minutes

*"Put on the full armor of God, so that you can take a stand against the devil's schemes."*

**Ephesians 6:11**



# Who is *Margi Ruiz*?

Margi Ruiz is a Certified Professional Life Coach, successful entrepreneur, missionary, author and speaker.

Originally from Puerto Rico, she now lives in sunny Florida with her hubby of 25 years and their 4 children.

She is a graduate of Texas Christian University. After years of hiding the mental health issues in her home, Margi had let herself go completely.

Exhausted and numb she started a journey of self development that led her to...



## *Wake up, Pray up, and Boss up*

...to completely change her life. She is passionate about helping other moms **#wakeupprayupbossup** to prioritize their physical and mental health so they can boldly step into God's calling.

**Connect With Margi Ruiz:**



[margiruiz.com](http://margiruiz.com)