

Pageant Queen Principles for Stress-LESS Productivity
Morning Routine

Being 7a	Wake Pray/Praise God Devotional
Body 7:30a	Wash face, brush teeth Make Bed Dress for gym Protein, Vitamins and Water (+ bottle for workout)
Brain	Look at planner and mentally preview the day
Body 8a NLT 11a	Go to Gym (<i>important step!!</i>) <i>(Drink 6oz of coffee to boost metabolism before cardio ... I read that somewhere and I LOVE coffee so why not?)</i> Workout (Cardio, weights, while listening to a mentally stimulating PODCAST) <i>(reality: I have another small cup of coffee and check in on social media as a cool down before heading home)</i> Home Start coffee Shower Dress Drink Protein Coffee (<i>YUM</i>) Hair, makeup (<i>I feel more confident and less stressed when I have my "face on"</i>)
Brain 12p	Sit down at desk and begin work flow routine (<i>YES, I believe in routines to help Get Things Done, #GTD</i>)

Sometimes these activities happen in a slightly different order and I am trying to accomplish them earlier each day but they ALL happen before I do anything else.

Hope this helps you create or track your routine for a Stress-Less Productive Day!