

Morning Habits of Successful Indians – 7-Day Tracker

Your morning sets the tone for your entire day. Use this tracker to build habits that fuel focus, clarity, and confidence, just like India's top performers.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wake up early (before 6 AM)	<input type="checkbox"/>						
Drink warm water with lemon	<input type="checkbox"/>						
5-minute stretch or Surya Namaskar	<input type="checkbox"/>						
No phone for the first 60 mins	<input type="checkbox"/>						
Journaling or a gratitude note	<input type="checkbox"/>						
Read or Listen to Something Positive	<input type="checkbox"/>						
Spiritual or Mindfulness	<input type="checkbox"/>						
Visualising the Day Ahead	<input type="checkbox"/>						
Cold Shower or Water Splash	<input type="checkbox"/>						
Mindful Fasting	<input type="checkbox"/>						
Plan top 3 tasks for the day	<input type="checkbox"/>						

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