

Morning Routine Checklist

44 ideas to help you create a plan you'll stick to

waking up



- choose a time
- make your bed
- leave phone out of reach
- open blinds
- light a candle or turn on diffuser
- drink a glass of water with a sprinkle of salt

getting ready



- take a shower
- wash face
- style hair
- apply makeup
- put on an outfit you feel good in
- put on sunscreen
- brush teeth
- floss

body



- 5 min stretch
- walk
- workout
- take vitamins
- make a healthy breakfast
- yoga
- put on a face masque
- cold exposure

home



- do a quick tidy
- wipe down counters
- set the mood in your space
- start a load of laundry
- prep dinner

mind



- read fiction
- read personal development
- journal
- notice feelings
- meditate
- affirmations
- pray
- visualize goals
- do breathing exercises
- do grounding exercises
- gratitude
- write out to do's for the day
- step outside & breathe in
- listen to music
- listen to podcast
- be creative
- connect with a loved one

Act Practice Morning Routine Best

RM Cervero



Act Practice Morning Routine Best:

Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Act Practice Morning Routine Best**

In a global inundated with monitors and the cacophony of instantaneous communication, the profound power and emotional resonance of verbal artistry frequently fade in to obscurity, eclipsed by the regular assault of sound and distractions. However, set within the musical pages of **Act Practice Morning Routine Best**, a fascinating perform of fictional beauty that impulses with raw thoughts, lies an memorable journey waiting to be embarked upon. Penned by a virtuoso wordsmith, this mesmerizing opus guides visitors on a mental odyssey, delicately exposing the latent potential and profound affect embedded within the delicate internet of language. Within the heart-wrenching expanse with this evocative evaluation, we shall embark upon an introspective exploration of the book is key styles, dissect its captivating publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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