

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

Morning Routine Today

Minjie Lin

Morning Routine Today:

Enjoying the Tune of Appearance: An Emotional Symphony within **Morning Routine Today**

In some sort of used by displays and the ceaseless chatter of instant communication, the melodic beauty and psychological symphony produced by the prepared word usually disappear in to the back ground, eclipsed by the constant sound and distractions that permeate our lives. Nevertheless, set within the pages of **Morning Routine Today** a charming literary prize overflowing with fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, that fascinating masterpiece conducts viewers on a mental journey, skillfully unraveling the concealed melodies and profound affect resonating within each cautiously crafted phrase. Within the depths with this touching examination, we shall investigate the book is main harmonies, analyze their enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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