

# 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 Latest

**Clemens Wendtner**



**Morning Routine Latest:**

## Adopting the Song of Phrase: An Emotional Symphony within **Morning Routine Latest**

In a global used by displays and the ceaseless chatter of quick interaction, the melodic beauty and emotional symphony developed by the written term frequently diminish into the backdrop, eclipsed by the relentless noise and disruptions that permeate our lives. Nevertheless, situated within the pages of **Morning Routine Latest** a wonderful fictional treasure filled with natural emotions, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, this fascinating masterpiece conducts visitors on an emotional trip, skillfully unraveling the concealed melodies and profound influence resonating within each cautiously crafted phrase. Within the depths of the moving evaluation, we will investigate the book is key harmonies, analyze their enthralling publishing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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