

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 Returns

Michael Seilmaier



Morning Routine Latest Returns:

Adopting the Melody of Term: An Emotional Symphony within **Morning Routine Latest Returns**

In a global used by displays and the ceaseless chatter of fast interaction, the melodic beauty and mental symphony produced by the written word often fade into the background, eclipsed by the constant sound and interruptions that permeate our lives. Nevertheless, set within the pages of **Morning Routine Latest Returns** a marvelous fictional prize filled with raw emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, that fascinating masterpiece conducts visitors on a mental trip, well unraveling the concealed songs and profound influence resonating within each carefully crafted phrase. Within the depths of this touching review, we will discover the book is key harmonies, analyze its enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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