

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 Update Open Now

N Colangelo



Morning Routine Update Open Now:

This book delves into Morning Routine Update Open Now. Morning Routine Update Open Now is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Morning Routine Update Open Now, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Morning Routine Update Open Now
 - Chapter 2: Essential Elements of Morning Routine Update Open Now
 - Chapter 3: Morning Routine Update Open Now in Everyday Life
 - Chapter 4: Morning Routine Update Open Now in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Morning Routine Update Open Now. This chapter will explore what Morning Routine Update Open Now is, why Morning Routine Update Open Now is vital, and how to effectively learn about Morning Routine Update Open Now.
3. In chapter 2, this book will delve into the foundational concepts of Morning Routine Update Open Now. This chapter will elucidate the essential principles that need to be understood to grasp Morning Routine Update Open Now in its entirety.
4. In chapter 3, the author will examine the practical applications of Morning Routine Update Open Now in daily life. The third chapter will showcase real-world examples of how Morning Routine Update Open Now can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Morning Routine Update Open Now in specific contexts. This chapter will explore how Morning Routine Update Open Now is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Morning Routine Update Open Now. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Morning Routine Update Open Now.

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