

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

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David Kirk



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Divine Deals M. W. McLeod, 2022-07-22 When Ellyria's mother arrives with a gift and a secret that must be kept at all costs the couple expend their lives in order to protect their family but keeping things from the likes of Heaven and Hell prove difficult With one weak link primed to force judgement over all those involved they must prepare for enemies from all sides to appear at their doorstep This book was originally published as Fine Print Book 3 of the Terms and Conditions trilogy

Primary Plans Elizabeth P. Bemis, 1911 **Hearst's International** , 1905 The Churchman , 1889 **Ungraded** , 1923 *The Saturday Review of Politics, Literature, Science and Art* , 1928 *The American Stationer and Office Outfitter* , 1922 **American Stationer and Office Manager** , 1922 **The Outlook** Lyman Abbott, Ernest Hamlin Abbott, Hamilton Wright Mabie, Francis Rufus Bellamy, 1924 **The Law Times** , 1882 Oklahoma Today , 1985 **Outlook and Independent** , 1918 **The Outlook** , 1918 **The Plumbers Trade Journal** , 1918 The Literary Digest Edward Jewitt Wheeler, Isaac Kaufman Funk, William Seaver Woods, Arthur Stimson Draper, Wilfred John Funk, 1918 *Editor & Publisher* , 1926 Directory of interactive products and services included as section 2 of a regular issue annually 1995 New Outlook , 1918 **Publishers' Circular and General Record of British and Foreign Literature, and Booksellers' Record** , 1872 *The Japan Daily Mail* , 1899 Forest and Stream , 1923

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