

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 How To Tutorial

Karin Nielsen-Saines



Morning Routine How To Tutorial:

Whispering the Strategies of Language: An Psychological Journey through **Morning Routine How To Tutorial**

In a digitally-driven world wherever screens reign great and immediate interaction drowns out the subtleties of language, the profound techniques and mental nuances concealed within words frequently go unheard. However, set within the pages of **Morning Routine How To Tutorial** a captivating fictional value blinking with fresh emotions, lies an exceptional quest waiting to be undertaken. Composed by an experienced wordsmith, that wonderful opus attracts readers on an introspective journey, delicately unraveling the veiled truths and profound impact resonating within the very fabric of each word. Within the psychological depths with this poignant review, we will embark upon a genuine exploration of the book is core styles, dissect their interesting writing model, and fail to the powerful resonance it evokes strong within the recesses of readers hearts.

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