



morning Routine Checklist

- Avoid checking phone or social media immediately
- Drink a large glass of water to rehydrate your body
- Take deep breaths or practice breathing exercises
- Make your bed to create sense of accomplishment
- Take a refreshing shower (cold water for energy boost)
- Style hair and complete grooming routine
- Apply sunscreen if you'll be spending time outdoors
- Limit caffeine intake to avoid afternoon crashes

Be patient with yourself as you develop new habits

Morning Routine Update

David Baud



Morning Routine Update:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, Tender Moments: **Morning Routine Update** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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