

# 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 This Week Tutorial

**O García**



## **Morning Routine This Week Tutorial:**

## Whispering the Strategies of Language: An Emotional Journey through **Morning Routine This Week Tutorial**

In a digitally-driven world where screens reign supreme and quick interaction drowns out the subtleties of language, the profound secrets and psychological nuances hidden within words frequently move unheard. Yet, located within the pages of **Morning Routine This Week Tutorial** a charming literary value pulsating with fresh thoughts, lies a fantastic journey waiting to be undertaken. Composed by a talented wordsmith, that wonderful opus invites viewers on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within the very material of each and every word. Within the psychological depths with this poignant review, we can embark upon a honest exploration of the book is key themes, dissect its interesting publishing design, and fail to the powerful resonance it evokes heavy within the recesses of readers hearts.

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