

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

body



- 5 min stretch
- walk
- workout
- take vitamins
- make a healthy breakfast
- yoga
- put on a face masque
- cold exposure

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

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

home



- do a quick tidy
- wipe down counters
- set the mood in your space
- start a load of laundry
- prep dinner

Morning Routine Latest Download

I. Scott MacKenzie



Morning Routine Latest Download:

The book delves into Morning Routine Latest Download. Morning Routine Latest Download is an essential topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Morning Routine Latest Download, encompassing both the fundamentals and more intricate discussions.

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

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