

# 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 Install

**Michal Rosen-Zvi**



**Morning Routine This Week Install:**

## Unveiling the Power of Verbal Art: An Emotional Sojourn through **Morning Routine This Week Install**

In a global inundated with displays and the cacophony of quick interaction, the profound power and emotional resonance of verbal beauty frequently disappear into obscurity, eclipsed by the continuous assault of sound and distractions. However, situated within the musical pages of **Morning Routine This Week Install**, a fascinating perform of fictional beauty that pulses with natural emotions, lies an unique journey waiting to be embarked upon. Written with a virtuoso wordsmith, that exciting opus guides readers on an emotional odyssey, softly exposing the latent potential and profound influence stuck within the elaborate web of language. Within the heart-wrenching expanse of this evocative analysis, we will embark upon an introspective exploration of the book is main subjects, dissect their charming writing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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