

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 Update Open Now

H Kauffman



Morning Routine Update Open Now:

Whispering the Strategies of Language: An Psychological Quest through **Morning Routine Update Open Now**

In a digitally-driven earth wherever displays reign supreme and immediate communication drowns out the subtleties of language, the profound strategies and psychological subtleties concealed within phrases often go unheard. Yet, situated within the pages of **Morning Routine Update Open Now** a fascinating literary value sporting with raw emotions, lies a fantastic quest waiting to be undertaken. Written by an experienced wordsmith, this charming opus encourages viewers on an introspective journey, delicately unraveling the veiled truths and profound impact resonating within the very cloth of each word. Within the mental depths with this poignant evaluation, we can embark upon a genuine exploration of the book is core themes, dissect its interesting publishing model, and yield to the powerful resonance it evokes strong within the recesses of readers hearts.

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