

# 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 Latest

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**Morning Routine Latest:**

## Enjoying the Melody of Appearance: An Psychological Symphony within **Morning Routine Latest**

In a world eaten by monitors and the ceaseless chatter of immediate interaction, the melodic beauty and psychological symphony created by the written term often diminish in to the back ground, eclipsed by the constant sound and disruptions that permeate our lives. Nevertheless, situated within the pages of **Morning Routine Latest** an enchanting literary prize filled with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, that fascinating masterpiece conducts visitors on a mental journey, skillfully unraveling the hidden tunes and profound affect resonating within each carefully constructed phrase. Within the depths of the poignant evaluation, we can discover the book is key harmonies, analyze their enthralling publishing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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