

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 On Sale Open Now

Shasha Hu



Morning Routine On Sale Open Now:

Whispering the Secrets of Language: An Psychological Journey through **Morning Routine On Sale Open Now**

In a digitally-driven world where screens reign supreme and quick interaction drowns out the subtleties of language, the profound techniques and psychological subtleties hidden within phrases often go unheard. However, set within the pages of **Morning Routine On Sale Open Now** a interesting literary prize pulsing with fresh emotions, lies a fantastic quest waiting to be undertaken. Written by a talented wordsmith, this enchanting opus invites viewers on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the very cloth of each and every word. Within the psychological depths of the emotional evaluation, we will embark upon a sincere exploration of the book is primary styles, dissect its charming writing style, and succumb to the powerful resonance it evokes deep within the recesses of readers hearts.

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