

# 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 Discount Open Now

**Mike Jess**



## Morning Routine Discount Open Now:

**Divine Deals** M. W. McLeod, 2022-07-22 When Ellyria's mother arrives with a gift and a secret that must be kept at all costs the couple expend their lives in order to protect their family but keeping things from the likes of Heaven and Hell prove difficult With one weak link primed to force judgement over all those involved they must prepare for enemies from all sides to appear at their doorstep This book was originally published as Fine Print Book 3 of the Terms and Conditions trilogy

**Primary Plans** Elizabeth P. Bemis, 1911    **Hearst's International** , 1905    The Churchman , 1889    **Ungraded** , 1923    *The Saturday Review of Politics, Literature, Science and Art* , 1928    *The American Stationer and Office Outfitter* , 1922    **American Stationer and Office Manager** , 1922    **The Outlook** Lyman Abbott, Ernest Hamlin Abbott, Hamilton Wright Mabie, Francis Rufus Bellamy, 1924    **The Law Times** , 1882    Oklahoma Today , 1985    **Outlook and Independent** , 1918    **The Outlook** , 1918    **The Plumbers Trade Journal** , 1918    The Literary Digest Edward Jewitt Wheeler, Isaac Kaufman Funk, William Seaver Woods, Arthur Stimson Draper, Wilfred John Funk, 1918    *Editor & Publisher* , 1926 Directory of interactive products and services included as section 2 of a regular issue annually 1995    New Outlook , 1918    **Publishers' Circular and General Record of British and Foreign Literature, and Booksellers' Record** , 1872    *The Japan Daily Mail* , 1899    Forest and Stream , 1923

The Top Books of the Year Morning Routine Discount Open Now The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthraling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have captivated audiences this year. Morning Routine Discount Open Now : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Morning Routine Discount Open Now : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papan, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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