

# 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

**B Lingard**



**Morning Routine Latest:**

## Embracing the Song of Appearance: An Psychological Symphony within **Morning Routine Latest**

In a world used by monitors and the ceaseless chatter of instantaneous interaction, the melodic beauty and emotional symphony developed by the written word often diminish in to the back ground, eclipsed by the relentless noise and interruptions that permeate our lives. But, situated within the pages of **Morning Routine Latest** a marvelous fictional prize brimming with organic feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that captivating masterpiece conducts readers on an emotional trip, skillfully unraveling the hidden melodies and profound influence resonating within each cautiously crafted phrase. Within the depths of this touching analysis, we will examine the book is central harmonies, analyze its enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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