

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 Same Day Delivery Install

Karin Nielsen-Saines



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Commerce Business Daily ,2001-08 British Chamber of Commerce Journal ,1920 **Industrial Engineering** George Worthington,1915 **Electrical Review and Western Electrician with which is Consolidated Electrocraft** ,1916
New York Review of the Telegraph and Telephone and Electrical Journal ,1915 **Telephone Review** ,1911 **Gas Age** ,1925 Includes summaries of proceedings and addresses of annual meetings of various gas associations L C set includes an index to these proceedings 1884 1902 issued as a supplement to Progressive age Feb 15 1910 The Farmer & Stock-breeder ,1928 **Telephony** ,1905 **The Gas Age** ,1917 *The Gas Record* ,1920 *Modern Hospital* ,1927
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In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Morning Routine Same Day Delivery Install**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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