

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 Smart Home This Week

Joacim Rocklöv



Morning Routine Smart Home This Week:

Whispering the Secrets of Language: An Psychological Quest through **Morning Routine Smart Home This Week**

In a digitally-driven world wherever screens reign great and instant connection drowns out the subtleties of language, the profound secrets and mental subtleties concealed within phrases usually get unheard. However, set within the pages of **Morning Routine Smart Home This Week** a interesting literary treasure sporting with raw emotions, lies an extraordinary journey waiting to be undertaken. Penned by a skilled wordsmith, this marvelous opus invites readers on an introspective journey, softly unraveling the veiled truths and profound affect resonating within the very cloth of each and every word. Within the mental depths of this touching evaluation, we will embark upon a heartfelt exploration of the book is primary themes, dissect their interesting writing design, and yield to the powerful resonance it evokes heavy within the recesses of readers hearts.

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