

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 Today

Michael Rajnik



Morning Routine Today:

This book delves into Morning Routine Today. Morning Routine Today is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Morning Routine Today, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Morning Routine Today
 - Chapter 2: Essential Elements of Morning Routine Today
 - Chapter 3: Morning Routine Today in Everyday Life
 - Chapter 4: Morning Routine Today in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Morning Routine Today. The first chapter will explore what Morning Routine Today is, why Morning Routine Today is vital, and how to effectively learn about Morning Routine Today.
3. In chapter 2, this book will delve into the foundational concepts of Morning Routine Today. The second chapter will elucidate the essential principles that need to be understood to grasp Morning Routine Today in its entirety.
4. In chapter 3, the author will examine the practical applications of Morning Routine Today in daily life. This chapter will showcase real-world examples of how Morning Routine Today can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Morning Routine Today in specific contexts. The fourth chapter will explore how Morning Routine Today is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Morning Routine Today. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Morning Routine Today.

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