

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 Setup

M Walker



Morning Routine Today Setup:

Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Morning Routine Today Setup**

In some sort of inundated with displays and the cacophony of immediate communication, the profound energy and mental resonance of verbal art frequently fade into obscurity, eclipsed by the regular onslaught of sound and distractions. However, set within the lyrical pages of **Morning Routine Today Setup**, a fascinating function of literary brilliance that impulses with natural feelings, lies an unforgettable journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, that interesting opus manuals visitors on a psychological odyssey, softly exposing the latent potential and profound impact embedded within the complicated internet of language. Within the heart-wrenching expanse with this evocative evaluation, we shall embark upon an introspective exploration of the book is key styles, dissect its interesting writing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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