IDEAS FOR YOUR MORNING ROUTINE

Create the Morning that Works for You

WAKE WITH AN ALARM

WAKE TO MUSIC

DRINK WATER

DRINK WATER WITH LEMON

DRINK COFFEE

DRINK TEA

EAT BREAKFAST

FAST UNTIL MID-MORNING

TAKE VITAMINS OR SUPPLEMENTS

WATCH THE SUNRISE

GET FRESH AIR

DEEP BREATHING

WORK OUT

TALK A WALK

YOGA

STRETCH

DANCE

BIBLE READING

DEVOTIONAL READING

PRAYER

READ TO LEARN

READ A NOVEL

READ AN INSPIRATIONAL QUOTE

READ TO KIDS

LISTEN TO A PODCAST

LISTEN TO MUSIC

WATCH A TED TALK

PLAY WITH YOUR KIDS

MAKE YOUR BED

BRUSH YOUR TEETH

SHOWER

SELF-CARE

MAKE A TO-DO LIST

REVIEW YOUR TO-DO LIST

SET PRIORITIES

CHECK YOUR CALENDAR

CHECK EMAIL

REVIEW PLANS WITH FAMILY

WORK ON A PERSONAL PROJECT

WORK ON A HOME PROJECT

PACK LUNCHES

PREP FOR DINNER

START LAUNDRY

RUN THE DISHWASHER

UNLOAD THE DISHWASHER

WALK THE DOG

MAKE A GROCERY LIST

ORGANIZE YOUR PHONE PHOTOS

DO A CROSSWORD PUZZLE

ENJOY A HOBBY

LEARN A NEW SKILL

DO SOME GARDENING

TALK TO A FRIEND

JOURNAL

GRATITUDE PRACTICE

VISUALIZE YOUR GOALS

Morning Routine Ideas

Victor M. Corman

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