

# 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 Price Open Now

**E Durkheim**



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*Kansas City Daily Price Current* ,1910      **St. Louis Daily Market Reporter and Merchants Exchange Price Current** ,1899      *E- Commerce by Dr. Sandeep Srivastava , Er. Meera Goyal , Shalu Porwal* - Dr. Sandeep Srivastava ,Er. Meera Goyal,Shalu Porwal,2020-11-21 1 Internet 2 Electronics Commerce Fundamentals 3 Online Transaction 4 E Commerce Applications 5 Supply Chain Management The Business Network 6 Customer Relationship Management 7 E Payment System 8 Models or Methods of E Payment 9 Models or Methods of E Payment System Part 2 10 E Banking Online Banking 11 IT ACT of India 2000 12 IT Infrastructure 13 E Security 14 Technology Solutions 15 Website Designing Using HTML CSS Appendix

Mark Lane Express ,1902      **New England Grocer and Tradesman** ,1926      **Journal of the Senate of the United States of America** United States. Congress. Senate,1983      Ballad of the Red Paladin J.C.M. Shurtleff,2015-03-03 Jack a thrice Blessed man is condemned to die by his fellow Paladins A Princess seeks answers on the borders of her Kingdom while an ancient enemy is once again on the march A tale of war and forgiveness of new beginnings and endings told among the green fields of Ispe      **The Law Times** ,1882      Shoe and Leather Reporter ,1913      *The Mark Lane Express, Agricultural Journal and Live Stock Record* ,1902      Lumberman's Review ,1919      The South African Poultry Magazine and Kennel News ,1929      *The China Christian Advocate* ,1914      **National Petroleum News** ,1925      **Canned Goods Trade** ,1921      Billboard Music Week ,1929      The Churchman ,1889      American Gas Engineering Journal ,1917      *The Weekly Notes* Frederick Pollock,1876      **American Magazine** ,1921

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