

Morning Routine Checklist

44 ideas to help you create a plan you'll stick to



- ☐ 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



- ☐ take a shower
- ☐ wash face
- ☐ style hair
- ☐ apply makeup
- ☐ put on an outfit you feel good in
- ☐ put on sunscreen
- ☐ brush teeth
- ☐ floss

- ☐ 5 min stretch
- ☐ walk
- ☐ workout
- ☐ take vitamins
- ☐ make a healthy breakfast
- ☐ yoga
- ☐ put on a face masque
- ☐ cold exposure



- ☐ do a quick tidy
- ☐ wipe down counters
- ☐ set the mood in your space
- ☐ start a load of laundry
- ☐ prep dinner

- ☐ 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

Jicheng Xie



Morning Routine Today:

Whispering the Secrets of Language: An Emotional Quest through **Morning Routine Today**

In a digitally-driven earth wherever screens reign supreme and instant connection drowns out the subtleties of language, the profound techniques and psychological subtleties concealed within words usually move unheard. Yet, located within the pages of **Morning Routine Today** a fascinating fictional value pulsating with fresh emotions, lies a fantastic quest waiting to be undertaken. Composed by an experienced wordsmith, this wonderful opus invites visitors on an introspective journey, softly unraveling the veiled truths and profound influence resonating within the very fabric of each word. Within the emotional depths of the emotional review, we shall embark upon a heartfelt exploration of the book's primary themes, dissect its charming writing fashion, and fail to the strong resonance it evokes serious within the recesses of readers' hearts.

https://socketapi.adit.com/About/publication/index.jsp/Nhl_Opening_Night_Ideas.pdf

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