

# 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

**J Dewey**



## **Morning Routine Ideas:**

## Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Morning Routine Ideas**

In a world inundated with monitors and the cacophony of fast conversation, the profound power and mental resonance of verbal beauty frequently fade in to obscurity, eclipsed by the constant assault of noise and distractions. However, nestled within the musical pages of **Morning Routine Ideas**, a fascinating perform of literary elegance that impulses with organic feelings, lies an memorable trip waiting to be embarked upon. Penned by a virtuoso wordsmith, that exciting opus instructions viewers on an emotional odyssey, delicately revealing the latent possible and profound affect embedded within the complex internet of language. Within the heart-wrenching expanse of this evocative evaluation, we can embark upon an introspective exploration of the book is key styles, dissect its interesting writing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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