

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

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Medical Society of New Jersey



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ADD-Friendly Ways to Organize Your Life Judith Kolberg, Kathleen Nadeau, 2012-01-04 Over 100 000 Copies Sold
Organizing books fall short of addressing the unique needs of adults with ADD They fail to understand the clinical picture of ADD and how it impacts the organizing process often making their advice irrelevant or frustrating when put into application Books about ADD may address organization disorganization but do so in a cursory fashion and on a very small scale in what are usually long books on the subject This is a book that has ADD Friendly advice with the ADDer in mind This collaboration brings forth the best underlying understanding with the most effective and practical remedy from ADD experts in two important fields professional organization and clinical psychology Finally it offers organizing advice that ranges from self help to utilizing the help of non professionals to using professional assistance Thus it permits the reader to decide where they are at personally in the organizing process and what level of support will be most beneficial to their unique situation

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