

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

Chao Zhang



Morning Routine Ideas:

Morning Routine Ideas Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Morning Routine Ideas**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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