

# 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 This Week Warranty

**Jianjun Gao**



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web excavation and backfilling for drainage works 3 2 1 description this work shall consist of excavation for the construction of surface drains subsoil drains cast in site box culverts and other drainage structures pipe culverts unless otherwise provided in the relevant works specification and shall include furnishing placing compacting

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web 5 1 surface drainage all road design must incorporate features or elements to drain water off the road without causing siltation and erosion the road drainage is designed so that it will produce the desired velocity of flow that is high enough to prevent silting and lower the erosion potential low water flow velocity

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