

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 Today

Mia Lind



Morning Routine Today:

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

In a world inundated with monitors and the cacophony of fast transmission, the profound energy and emotional resonance of verbal artistry usually disappear into obscurity, eclipsed by the continuous barrage of noise and distractions. Yet, located within the lyrical pages of **Morning Routine Today**, a interesting perform of fictional elegance that impulses with fresh emotions, lies an memorable journey waiting to be embarked upon. Published by a virtuoso wordsmith, that exciting opus guides readers on a psychological odyssey, gently revealing the latent possible and profound influence embedded within the complicated web of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is key themes, dissect its fascinating writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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