

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

body



- 5 min stretch
- walk
- workout
- take vitamins
- make a healthy breakfast
- yoga
- put on a face masque
- cold exposure

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

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

home



- do a quick tidy
- wipe down counters
- set the mood in your space
- start a load of laundry
- prep dinner

Morning Routine Today Tutorial

Yicheng Fang



Morning Routine Today Tutorial:

Embracing the Song of Expression: An Emotional Symphony within **Morning Routine Today Tutorial**

In a world consumed by displays and the ceaseless chatter of instantaneous transmission, the melodic elegance and mental symphony produced by the prepared term frequently diminish in to the background, eclipsed by the relentless noise and distractions that permeate our lives. But, nestled within the pages of **Morning Routine Today Tutorial** an enchanting fictional value brimming with fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, that charming masterpiece conducts viewers on a psychological trip, skillfully unraveling the concealed tunes and profound impact resonating within each cautiously crafted phrase. Within the depths with this touching assessment, we can examine the book is main harmonies, analyze its enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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