

# 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 Latest Login

**Joacim Rocklöv**



**Morning Routine Latest Login:**

## Unveiling the Power of Verbal Art: An Psychological Sojourn through **Morning Routine Latest Login**

In some sort of inundated with monitors and the cacophony of instantaneous communication, the profound power and psychological resonance of verbal artistry usually diminish in to obscurity, eclipsed by the continuous onslaught of sound and distractions. However, set within the lyrical pages of **Morning Routine Latest Login**, a charming work of literary beauty that pulses with fresh feelings, lies an memorable journey waiting to be embarked upon. Published by a virtuoso wordsmith, that exciting opus guides viewers on an emotional odyssey, lightly revealing the latent potential and profound affect embedded within the complicated internet of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is central styles, dissect their charming writing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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