

# 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

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*The Teaching Guarantee* Ken Darvall,2023-08-01 This book reflects on the author s experiences and lessons learnt over those 50 years and 20 schools he has enjoyed leading The types of schools and their locations have added depth to his leadership skills and decision making which he shares with the reader The author comments on the important aspects of schooling and being a principal These reflections and observations may result in thoughtful discussions and lead to actions in schools to improve their current practices in any way that will benefit the students under their care [Extreme Autophagy Blueprint Burn Stubborn Fat While You Sleep: Guarantee Result! No Pills! No Supplement! All Natural! Just Result](#) Andrea Febrian, If you re here you ve tried everything and you re tired Calories counted Carbs cut Workouts that left you drained not lighter You ve felt the late night guilt the morning bloat the scale that won t move and the quiet fear that maybe it s just your metabolism now This blueprint is for that exact moment the crossroads where you re done suffering and ready for simple science backed sleep synced change The Big Idea in plain English Your body has a built in deep clean mode called autophagy a cellular housekeeping process that helps clear junk and supports fat burning It s naturally triggered when insulin is low like overnight This book shows you how to align your fasting window with your sleep so your body can get to work while you rest No pills No supplement All natural Just result Tools you can start tonight What You ll Get Inside A clean step by step 16 8 fasting protocol that fits real life family dinners work cravings Your first week mapped day by day so you re never guessing Eat This Avoid This lists that support autophagy without tedious counting Hydration real food during the window Get Instant Access Wake up tomorrow with a plan and momentum Product *Extreme Autophagy Blueprint Burn Stubborn Fat While You Sleep* Format PDF Medical Disclaimer This book is for educational purposes only and is not medical advice Always consult your healthcare provider before starting any fasting or nutrition program Individual results will vary Ready to make tonight count I want this **Love Doesn't Come with a Guarantee** DEBBIE A. HARRIS,2013-11-12 Cynthia Coles is a professional that is very astute when it comes to business but extremely gullible in her personal life Cynthia struggles to hold onto Greg although he has been very allusive about his true identity She allows him to take her on a mysterious and tumultuous journey that leads her through love shame and ultimately self awareness As new characters appear a beautiful picture of friendship and commitment unfold and bring Cynthia to a place of stability where we find out if she will choose love over her sanity and her faith *Commercial Carrier Journal for Professional Fleet Managers* ,1999-07 **Collier's Once a Week** ,1905 **Billboard Music Week** ,1929 **Journal of the Senate of the United States of America** United States. Congress. Senate,1971 **Weekly World News** ,1990-05-22 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site *Fidelity Guarantee* F. D. McMillan,1947 **Collier's Weekly** Norman Hapgood,Nugent Robinson,Robert Joseph Collier,1904 [Weekly World News](#) ,1996-10-15 Rooted in the

creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site *T. P.'s Weekly* Thomas Power O'Connor, Holbrook Jackson, 1911 *The Northeastern Reporter*, 1909 *Abel's Photographic Weekly*, 1918 *The American Legion Weekly* American Legion, 1924 **Harper's Weekly** John Bonner, George William Curtis, Henry Mills Alden, Samuel Stillman Conant, Montgomery Schuyler, John Foord, Richard Harding Davis, Carl Schurz, Henry Loomis Nelson, John Kendrick Bangs, George Brinton McClellan Harvey, Norman Hapgood, 1872 **The Ontario Law Reports**, 1925 Cases determined in the Supreme Court of Ontario Appellate and High Court Divisions varies *The Popular Science Monthly*, 1922 *Editor & Publisher*, 1916 *The fourth estate* *Independent and Weekly Review*, 1917

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marbles he promises to go swimming with them when the job is done he tells them aunt polly wants them to help he convinces them that the job is fun 2 of 25 2 why do tom and huck first go to the graveyard

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