

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 Buy Online Tutorial

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Morning Routine Buy Online Tutorial:

Whispering the Strategies of Language: An Psychological Journey through **Morning Routine Buy Online Tutorial**

In a digitally-driven earth where monitors reign great and instant conversation drowns out the subtleties of language, the profound techniques and emotional subtleties hidden within words often move unheard. However, located within the pages of **Morning Routine Buy Online Tutorial** a interesting fictional value pulsing with fresh feelings, lies an exceptional journey waiting to be undertaken. Published by a skilled wordsmith, this marvelous opus encourages viewers on an introspective trip, gently unraveling the veiled truths and profound impact resonating within ab muscles material of each and every word. Within the emotional depths with this touching evaluation, we will embark upon a heartfelt exploration of the book is key themes, dissect their charming publishing model, and fail to the powerful resonance it evokes strong within the recesses of readers hearts.

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