

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

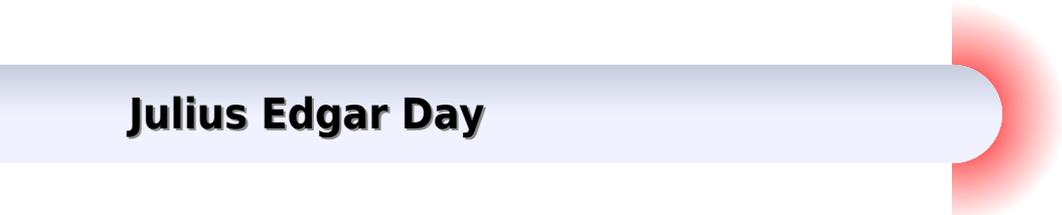
mind



- 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

Julius Edgar Day



Morning Routine Latest:

Enjoying the Beat of Phrase: An Emotional Symphony within **Morning Routine Latest**

In some sort of taken by displays and the ceaseless chatter of fast conversation, the melodic elegance and mental symphony created by the written word frequently fade into the background, eclipsed by the constant noise and interruptions that permeate our lives. But, situated within the pages of **Morning Routine Latest** an enchanting literary value brimming with organic emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, this charming masterpiece conducts readers on a psychological trip, well unraveling the concealed melodies and profound impact resonating within each carefully constructed phrase. Within the depths with this poignant review, we will examine the book is main harmonies, analyze its enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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