

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 Today

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Morning Routine Today:

Whispering the Techniques of Language: An Psychological Quest through **Morning Routine Today**

In a digitally-driven world where monitors reign supreme and immediate connection drowns out the subtleties of language, the profound secrets and psychological nuances hidden within words often move unheard. However, situated within the pages of **Morning Routine Today** a captivating literary treasure sporting with organic thoughts, lies an exceptional quest waiting to be undertaken. Written by a skilled wordsmith, this wonderful opus invites readers on an introspective trip, gently unraveling the veiled truths and profound influence resonating within ab muscles cloth of each and every word. Within the mental depths of the touching evaluation, we can embark upon a sincere exploration of the book is core themes, dissect their fascinating publishing fashion, and fail to the powerful resonance it evokes deep within the recesses of readers hearts.

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