

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 Best Open Now

Sebastian Brünink



Morning Routine Best Open Now:

Teaching Life Differently Judith (J.C.) Greeley, Melinda Doyle McCall, 2018-04-17 Children who are sighted learn concepts and gain experience through incidental learning the observation of events and interactions in their environment Students with visual impairment need to be systematically sequentially and concretely taught through hands on experiences Historically students got this learning through channels other than schools The teaching of recreation adaptive sports social life opportunities and career education require this specific systematic approach Individuals with vision impairment may also require specific interventions to learn independent living skills self advocacy and community relationships **Be You, Be Great! - Unleash Your Unique Gift Of Greatness Within You** Antonio Edwards, 2015-08-28 Be You Be Great will go deep into helping you find your purpose along with your gift or gifts maybe you never knew were sitting right there inside of you This book will help you distinguish the types of relationships that could be either flourishing your greatness or harming your greatness all the way to helping you determine what cords are attached to you holding you back and what enemies aside from people you could be sleeping with Be You Be Great is designed to help you unleash your own unique greatness through helping you find your gift give you more clarity more focus more power in your everyday life and most importantly more freedom for yourself The Top Dimension Phyllis Sinclair, 2015-11-03 Short story description A paranormal story about astral travel or out of body travel Spirit guides and guardian angels Spiritual dimensions above and beyond Earth and reincarnation **Monthly Bulletin** New York (N.Y.). Dept. of Health, 1919 **Monthly Bulletin** New York (N.Y.). Department of Health, 1920 *Monthly Bulletin*, 1920 Primary Plans Elizabeth P. Bemis, 1911 *Insiders' Guide® to Connecticut* Eric D. Lehman, 2015-03-07 Insiders Guide to Connecticut is the essential source for in depth travel information for visitors and locals to the Nutmeg State Written by a local and true insider Insiders Guide to Connecticut offers a personal and practical perspective of the state that makes it a must have guide for travelers as well as residents looking to rediscover their home state **International Journal of Public Health**, 1921 *Country Guide and Nor'west Farmer*, 1924 **The Garden**, 1880 **The Chatterbox**, 1896 **Monthly Bulletin of the Department of Health in the City of New York** New York (N.Y.). Department of Health, 1921 *Annual Report of the Department of Health of the City of New York for the Calendar Year ...* New York (N.Y.). Department of Health, 1920 Annual Report of the Board of Health of the Department of Health of the City of New York for the Year Ending ... New York (N.Y.). Dept. of Health, 1920 Annual Report New York (N.Y.). Dept. of Health, 1920 **Annual Report of the Board of Health of the Department of Health** New York (N.Y.). Department of Health, 1921 **Moderator-topics**, 1907 **The China Christian Advocate**, 1914 *American Gymnasia and Athletic Record*, 1905

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