

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 Open Now

Yijin Wang



Morning Routine This Week Open Now:

Munsey's Weekly ,1917 *The Weekly Notes* Frederick Pollock,1876 [The Palestine Weekly](#) ,1929 *52 Weeks of Cookies* Maggie McCreath,2016-03-08 The recipes and techniques that one mother used to turn a year of her son's military service in Iraq into a year of care packages brimming with cookies Single mother Maggie McCreath couldn't decide which was worse the fact that her only son not yet twenty one was off to war in Iraq for the second time or the fact that they had only five days to prepare Even more frightening she knew that he would be part of the Surge and as a paratrooper in the 82nd Division of the Army the tip of the Spear What she did not know what she couldn't even bear to consider was how this deployment would end both for her son and for his brothers in arms whom she had come to know and love as her own So she turned to the one pastime that had always brought her solace baking Filled with delicious original cookie recipes 52 Weeks of Cookies recounts a mom's unique methods of coping during her son's deployment With plenty of sugar cookies but no sugarcoating 52 Weeks of Cookies is an honest uplifting story of family love during a crisis with all the fear grief laughter gratitude and joy that come with it When her 20 year old son was deployed to Iraq with just a few days notice Maggie McCreath desperately searched for her own mission to cope with the worry She found it with the help of flour sugar vanilla and lots of love Today **Collier's Once a Week** ,1903 **Bakers Weekly** ,1923 [Abel's Photographic Weekly](#) ,1918
Billboard ,1951-04-14 In its 114th year Billboard remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends *New York Star* ,1922 **Harvey's Weekly** George Brinton McClellan Harvey,1918 [Weekly Florists' Review](#) Gilbert Leonard Grant,1921
Ungraded ,1923 **T. P.'s Weekly** Thomas Power O'Connor,Holbrook Jackson,1911 **The London Journal: and Weekly Record of Literature, Science, and Art** ,1882 *The London Corn Circular* ,1914 [Western Oil and Refining](#) ,1924 [Yale Alumni Weekly](#) ,1913 [The World To-day](#) ,1905 *Independent and Weekly Review* ,1917 **New Zealand Farmer Weekly** ,1924

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