

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 Open Now

Roman Wölfel



Morning Routine Today Open Now:

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Morning Routine Today Open Now**

In some sort of inundated with displays and the cacophony of fast interaction, the profound power and mental resonance of verbal art frequently disappear in to obscurity, eclipsed by the regular assault of sound and distractions. Yet, set within the lyrical pages of **Morning Routine Today Open Now**, a fascinating work of fictional beauty that pulses with natural feelings, lies an remarkable trip waiting to be embarked upon. Composed with a virtuoso wordsmith, that enchanting opus instructions readers on an emotional odyssey, delicately exposing the latent potential and profound impact embedded within the delicate internet of language. Within the heart-wrenching expanse of this evocative examination, we can embark upon an introspective exploration of the book is central styles, dissect their charming publishing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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