

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 Guide Sign In

Minjie Lin



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The Complete Idiot's Guide to Baby Sign Language Diane Ryan,2009 You had me at wave More and more parents are learning and using baby sign language to communicate with their little ones This guide introduces parents to the 150 most common signs babies can understand and use including 50 new illustrations Included are steps to teach the signs an expanded section on verbal development and much more Signing boosts baby s language skills literacy and brainpower A popular topic in the parenting section 50 new illustrations for this edition Includes fun activities and a special Sign Language Express for parents with little time Download a sample chapter *The Complete Idiot's Guide to Baby Sign Language, 2nd Edition* Diane Ryan,2009-02-03 You had me at wave More and more parents are learning and using baby sign language to communicate with their little ones This guide introduces parents to the 150 most common signs babies can understand and use including 50 new illustrations Included are steps to teach the signs an expanded section on verbal development and much more Signing boosts baby s language skills literacy and brainpower A popular topic in the parenting section 50 new illustrations for this edition Includes fun activities and a special Sign Language Express for parents with little time Download a sample chapter

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