

# 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 Act Practice Top

**M Walker**



**Morning Routine Act Practice Top:**

## Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Morning Routine Act Practice Top**

In some sort of inundated with displays and the cacophony of instant conversation, the profound power and emotional resonance of verbal beauty often diminish into obscurity, eclipsed by the continuous barrage of noise and distractions. However, nestled within the musical pages of **Morning Routine Act Practice Top**, a fascinating work of fictional elegance that impulses with raw thoughts, lies an wonderful trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, this enchanting opus manuals viewers on a psychological odyssey, lightly exposing the latent possible and profound influence stuck within the elaborate web of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is central themes, dissect its charming publishing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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health care unit pim public investment management pip public investment project ppadd public procurement and assets  
disposal department pppa public procurement and property administration authority

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performance indicator pim public investment management ppa public procurement and property administration authority  
ppacp procurement and property administration core process ppp public private partnership

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financial management pi performance indicator pip public investment project ppa public procurement agency ppad  
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