

# 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

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**LM Reder**



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## Enjoying the Track of Expression: An Mental Symphony within **Morning Routine Compare Open Now**

In a world taken by screens and the ceaseless chatter of quick conversation, the melodic elegance and psychological symphony developed by the published term often diminish into the backdrop, eclipsed by the relentless sound and distractions that permeate our lives. However, nestled within the pages of **Morning Routine Compare Open Now** a wonderful literary value full of natural emotions, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, this captivating masterpiece conducts viewers on an emotional trip, skillfully unraveling the hidden songs and profound influence resonating within each carefully constructed phrase. Within the depths of this touching review, we shall examine the book is central harmonies, analyze its enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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middle tunic contains smooth muscle and elastin tunic s of arteries tunic that is especially thick in arteries servicing the  
capillaries the organs of the circulatory system shown here identify each

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ability of a vein to distend and store blood capacitance vessels veins capillary smallest of blood vessels where physical  
exchange occurs between the blood and tissue cells surrounded by interstitial fluid

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slowing or blocking of blood flow is called resistance blood pressure is the force that blood exerts upon the walls of the blood vessels or chambers of the heart

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