

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 Month

Lingsheng Yao



Morning Routine This Month:

Whispering the Secrets of Language: An Psychological Journey through **Morning Routine This Month**

In a digitally-driven world where displays reign great and instant transmission drowns out the subtleties of language, the profound strategies and psychological nuances hidden within phrases often get unheard. Yet, located within the pages of **Morning Routine This Month** a captivating literary prize pulsing with raw emotions, lies an exceptional quest waiting to be undertaken. Penned by a skilled wordsmith, this enchanting opus attracts viewers on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within ab muscles material of every word. Within the psychological depths of the poignant evaluation, we can embark upon a honest exploration of the book is primary subjects, dissect its interesting publishing type, and succumb to the effective resonance it evokes heavy within the recesses of readers hearts.

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