

# 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 Tutorial

**Puja Mehta**



## **Morning Routine Today Tutorial:**

## Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Morning Routine Today Tutorial**

In some sort of inundated with screens and the cacophony of immediate conversation, the profound power and emotional resonance of verbal beauty often disappear into obscurity, eclipsed by the continuous assault of sound and distractions. Yet, set within the musical pages of **Morning Routine Today Tutorial**, a charming work of literary beauty that impulses with fresh thoughts, lies an wonderful trip waiting to be embarked upon. Published by way of a virtuoso wordsmith, that magical opus manuals readers on a psychological odyssey, softly exposing the latent possible and profound impact stuck within the complex web of language. Within the heart-wrenching expanse of this evocative analysis, we will embark upon an introspective exploration of the book is central subjects, dissect their charming publishing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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