

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

Jessica J Manson



Morning Routine Today:

Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Morning Routine Today**

In a global inundated with monitors and the cacophony of instantaneous transmission, the profound energy and mental resonance of verbal art often diminish in to obscurity, eclipsed by the constant onslaught of noise and distractions. However, set within the lyrical pages of **Morning Routine Today**, a fascinating function of literary beauty that impulses with organic feelings, lies an unique journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that enchanting opus manuals readers on a psychological odyssey, gently revealing the latent potential and profound affect embedded within the elaborate internet of language. Within the heart-wrenching expanse of this evocative analysis, we can embark upon an introspective exploration of the book is key themes, dissect their charming writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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