

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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desire to win it was only a matter of time before Whincup made the leap to the Formula Ford circuit and on to the big show Supercars But there are ups and downs to life in the fast lane sackings loss of sponsors the rivalries the fans the partnerships the sacrifices and being true to the dream when everything looks like an off ramp There are freak accidents split second decisions that win the day omens from the race gods and a strong dose of self made luck In 2008 Jamie would seal his quest for the Supercar crown after several near misses and he wouldn t look back Seven championships four Bathurst 1000 victories and a Bathurst 12 hour win in the books you d be tempted to ride off into the sunset But that s never been Jamie s style It s just the start of his next act team principal of Triple Eight Race Engineering and mentor to the next generation of champions You have to make a decision What do you want out of life Where do you want to go How do you want to live

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