

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 Week Install

Liying Dong



Morning Routine This Week Install:

Whispering the Techniques of Language: An Psychological Quest through **Morning Routine This Week Install**

In a digitally-driven world wherever displays reign supreme and immediate interaction drowns out the subtleties of language, the profound secrets and emotional subtleties concealed within phrases often move unheard. However, nestled within the pages of **Morning Routine This Week Install** a fascinating fictional value pulsing with fresh emotions, lies an exceptional quest waiting to be undertaken. Published by an experienced wordsmith, that enchanting opus encourages viewers on an introspective journey, softly unraveling the veiled truths and profound affect resonating within the very material of every word. Within the psychological depths with this emotional evaluation, we shall embark upon a heartfelt exploration of the book is primary subjects, dissect their captivating publishing model, and yield to the powerful resonance it evokes strong within the recesses of readers hearts.

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