

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 Latest

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Morning Routine Latest:

Whispering the Strategies of Language: An Emotional Journey through **Morning Routine Latest**

In a digitally-driven world wherever screens reign supreme and immediate conversation drowns out the subtleties of language, the profound strategies and mental nuances concealed within phrases usually go unheard. However, situated within the pages of **Morning Routine Latest** a charming fictional treasure pulsing with fresh feelings, lies an extraordinary quest waiting to be undertaken. Written by an experienced wordsmith, that wonderful opus encourages visitors on an introspective journey, softly unraveling the veiled truths and profound affect resonating within the fabric of every word. Within the emotional depths with this moving review, we will embark upon a honest exploration of the book is primary themes, dissect their captivating publishing design, and succumb to the strong resonance it evokes heavy within the recesses of readers hearts.

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