

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 Month

Roman Wölfel



Morning Routine This Month:

Embracing the Beat of Appearance: An Emotional Symphony within **Morning Routine This Month**

In some sort of consumed by displays and the ceaseless chatter of fast communication, the melodic elegance and emotional symphony produced by the written word often disappear into the background, eclipsed by the constant sound and distractions that permeate our lives. But, located within the pages of **Morning Routine This Month** a stunning fictional value brimming with raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, this charming masterpiece conducts readers on a mental journey, skillfully unraveling the concealed melodies and profound impact resonating within each cautiously constructed phrase. Within the depths of the touching review, we shall examine the book's main harmonies, analyze their enthralling writing model, and surrender ourselves to the profound resonance that echoes in the depths of readers' souls.

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