

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

Julia Schneider



Morning Routine Today:

Enjoying the Track of Expression: An Mental Symphony within **Morning Routine Today**

In a global eaten by displays and the ceaseless chatter of fast connection, the melodic splendor and psychological symphony developed by the published term often fade in to the back ground, eclipsed by the relentless sound and interruptions that permeate our lives. However, situated within the pages of **Morning Routine Today** a stunning literary prize filled with raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, this interesting masterpiece conducts viewers on an emotional trip, well unraveling the hidden tunes and profound influence resonating within each cautiously constructed phrase. Within the depths of this poignant assessment, we shall discover the book is central harmonies, analyze their enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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