



# *morning* Routine Checklist

- Avoid checking phone or social media immediately
- Drink a large glass of water to rehydrate your body
- Take deep breaths or practice breathing exercises
- Make your bed to create sense of accomplishment
- Take a refreshing shower (cold water for energy boost)
- Style hair and complete grooming routine
- Apply sunscreen if you'll be spending time outdoors
- Limit caffeine intake to avoid afternoon crashes

*Be patient with yourself as you develop new habits*

# Morning Routine Update

**G Orfield**



**Morning Routine Update:**

Eventually, you will unconditionally discover a further experience and talent by spending more cash. yet when? pull off you acknowledge that you require to get those every needs subsequently having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will guide you to comprehend even more a propos the globe, experience, some places, bearing in mind history, amusement, and a lot more?

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