

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

VM Jensen



Morning Routine Today:

Enjoying the Melody of Term: An Psychological Symphony within **Morning Routine Today**

In a global taken by screens and the ceaseless chatter of instantaneous transmission, the melodic splendor and emotional symphony developed by the written term frequently diminish into the backdrop, eclipsed by the persistent sound and interruptions that permeate our lives. But, situated within the pages of **Morning Routine Today** a stunning fictional value full of raw feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, that interesting masterpiece conducts viewers on a psychological journey, skillfully unraveling the concealed songs and profound affect resonating within each cautiously constructed phrase. Within the depths with this touching analysis, we will examine the book is central harmonies, analyze its enthralling publishing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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