

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

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Siddappa N.Byrareddy



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Primary Plans Elizabeth P. Bemis, 1911 **Hearst's International** , 1905 The Churchman , 1889 **Ungraded** , 1923 *The Saturday Review of Politics, Literature, Science and Art* , 1928 *The American Stationer and Office Outfitter* , 1922 **American Stationer and Office Manager** , 1922 **The Outlook** Lyman Abbott, Ernest Hamlin Abbott, Hamilton Wright Mabie, Francis Rufus Bellamy, 1924 **The Law Times** , 1882 Oklahoma Today , 1985 **Outlook and Independent** , 1918 **The Outlook** , 1918 **The Plumbers Trade Journal** , 1918 The Literary Digest Edward Jewitt Wheeler, Isaac Kaufman Funk, William Seaver Woods, Arthur Stimson Draper, Wilfred John Funk, 1918 *Editor & Publisher* , 1926 Directory of interactive products and services included as section 2 of a regular issue annually 1995 New Outlook , 1918 **Publishers' Circular and General Record of British and Foreign Literature, and Booksellers' Record** , 1872 *The Japan Daily Mail* , 1899 Forest and Stream , 1923

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