

# 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

**LL Leslie**



**Morning Routine Today:**

## Adopting the Track of Expression: An Psychological Symphony within **Morning Routine Today**

In some sort of eaten by screens and the ceaseless chatter of immediate communication, the melodic splendor and emotional symphony produced by the prepared term often diminish in to the back ground, eclipsed by the relentless noise and interruptions that permeate our lives. But, situated within the pages of **Morning Routine Today** a stunning literary value full of organic feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, that fascinating masterpiece conducts viewers on a mental trip, well unraveling the hidden songs and profound affect resonating within each carefully crafted phrase. Within the depths of this moving review, we shall discover the book is key harmonies, analyze its enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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