

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 Discount Install

Xiaolong Qi



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Adopting the Beat of Appearance: An Mental Symphony within **Morning Routine Discount Install**

In a global consumed by displays and the ceaseless chatter of quick connection, the melodic beauty and mental symphony created by the written word often disappear into the background, eclipsed by the relentless sound and interruptions that permeate our lives. However, set within the pages of **Morning Routine Discount Install** a wonderful literary prize full of raw feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that charming masterpiece conducts viewers on a psychological trip, skillfully unraveling the hidden songs and profound affect resonating within each cautiously constructed phrase. Within the depths with this moving review, we can examine the book is key harmonies, analyze their enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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