

# 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 Same Day Delivery Install

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web feb 16 2017 basketbolli është një sport në të cilin dy ekipet e pesë lojtarëve të përpiqet të shënojnë kundër njëri tjetrit  
duke vendosur një top me një diametër prej 45 7 cm në një shtyllë 3 048 m të lartë sipas rregullave të organizuar basketbolli  
është një nga sportet më të popullarizuara dhe të shikuara gjerësisht në botë basketbolli ndërkombëtar

**trembëdhjetë rregullat e basketbollit james naismith** - Sep 22 2023

web shpikësi krijon rregullat që mbijetojnë sot basketbolli është një lojë origjinale amerikane e shpikur nga dr james naismith  
në vitin 1891 ai e krijoi atë me rregullat e veta këto janë rregullat e botuara në janar të vitit 1892 në gazetën e shkollës ku ai  
krijoi lojën

**rregullat e lojës së basketbollit unansea com** - Oct 11 2022

web rregullat e lojës së basketbollit ndalojnë rrahur duart e kundërshtarit shtrëngoni duart e tij duke bllokuar lëvizjen e saj  
duke i shtyre hap në këmbë për ndonjë nga këto çrregullime lojtar basketbolli merr një paralajmërim  
*rregullat dhe rregulloret fundi i basketbolli shqip facebook* - Sep 10 2022

web madhësia e basketbollit është e rregulluar edhe për meshkujt topi zyrtar është 29 5 inç në perimetër madhësia 7 ose një  
top 295 dhe peshon 22 oz nëse gratë janë duke luajtur madhësia zyrtare basketbolli është 28 5 inç në perimetër madhësia 6  
ose një top 285 me një peshë prej 20 oz shkeljet

**historia dhe rregullat e lojes se basketbollit padlet** - May 06 2022

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