

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 This Month

Walter L. Haight



Morning Routine This Month:

Whispering the Techniques of Language: An Emotional Journey through **Morning Routine This Month**

In a digitally-driven earth where displays reign great and immediate transmission drowns out the subtleties of language, the profound strategies and psychological subtleties hidden within phrases often get unheard. Yet, located within the pages of **Morning Routine This Month** a charming literary treasure blinking with raw feelings, lies a fantastic quest waiting to be undertaken. Penned by an experienced wordsmith, that marvelous opus invites readers on an introspective journey, gently unraveling the veiled truths and profound impact resonating within ab muscles cloth of each and every word. Within the mental depths of the moving evaluation, we can embark upon a genuine exploration of the book is key themes, dissect their fascinating writing type, and fail to the strong resonance it evokes deep within the recesses of readers hearts.

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