

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 Latest

M Tight



Morning Routine Latest:

Embracing the Melody of Expression: An Mental Symphony within **Morning Routine Latest**

In some sort of used by displays and the ceaseless chatter of immediate communication, the melodic elegance and psychological symphony developed by the written word often disappear into the back ground, eclipsed by the relentless noise and disruptions that permeate our lives. But, nestled within the pages of **Morning Routine Latest** a wonderful fictional value overflowing with natural feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, that captivating masterpiece conducts viewers on a psychological journey, well unraveling the concealed tunes and profound impact resonating within each cautiously crafted phrase. Within the depths of the poignant analysis, we can explore the book is main harmonies, analyze its enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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