

# IDEAS FOR YOUR MORNING ROUTINE

Create the Morning that Works for You

WAKE WITH AN ALARM  
WAKE TO MUSIC  
DRINK WATER  
DRINK WATER WITH LEMON  
DRINK COFFEE  
DRINK TEA  
EAT BREAKFAST  
FAST UNTIL MID-MORNING  
TAKE VITAMINS OR SUPPLEMENTS  
WATCH THE SUNRISE  
GET FRESH AIR  
DEEP BREATHING  
WORK OUT  
TALK A WALK  
YOGA  
STRETCH  
DANCE  
BIBLE READING  
DEVOTIONAL READING  
PRAYER  
READ TO LEARN  
READ A NOVEL  
READ AN INSPIRATIONAL QUOTE  
READ TO KIDS  
LISTEN TO A PODCAST  
LISTEN TO MUSIC  
WATCH A TED TALK  
PLAY WITH YOUR KIDS

MAKE YOUR BED  
BRUSH YOUR TEETH  
SHOWER  
SELF-CARE  
MAKE A TO-DO LIST  
REVIEW YOUR TO-DO LIST  
SET PRIORITIES  
CHECK YOUR CALENDAR  
CHECK EMAIL  
REVIEW PLANS WITH FAMILY  
WORK ON A PERSONAL PROJECT  
WORK ON A HOME PROJECT  
PACK LUNCHES  
PREP FOR DINNER  
START LAUNDRY  
RUN THE DISHWASHER  
UNLOAD THE DISHWASHER  
WALK THE DOG  
MAKE A GROCERY LIST  
ORGANIZE YOUR PHONE PHOTOS  
DO A CROSSWORD PUZZLE  
ENJOY A HOBBY  
LEARN A NEW SKILL  
DO SOME GARDENING  
TALK TO A FRIEND  
JOURNAL  
GRATITUDE PRACTICE  
VISUALIZE YOUR GOALS

# Morning Routine Ideas

**Jane Spooner**



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