

# Morning Routine Checklist

*44 ideas to help you create a plan you'll stick to*



- ☐ 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



- ☐ take a shower
- ☐ wash face
- ☐ style hair
- ☐ apply makeup
- ☐ put on an outfit you feel good in
- ☐ put on sunscreen
- ☐ brush teeth
- ☐ floss

- ☐ 5 min stretch
- ☐ walk
- ☐ workout
- ☐ take vitamins
- ☐ make a healthy breakfast
- ☐ yoga
- ☐ put on a face masque
- ☐ cold exposure



- ☐ do a quick tidy
- ☐ wipe down counters
- ☐ set the mood in your space
- ☐ start a load of laundry
- ☐ prep dinner

- ☐ 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 In The Us

**United States Naval Academy**

A red circular graphic with a gradient, appearing as a stylized sun or a lens flare, positioned to the right of the text 'United States Naval Academy'.

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*10 Everyday Habits That Will Shape Your Future* Adam Stańczyk, 2025-04-21 *10 Habits That Will Shape Your Future* is a practical empowering guide to a better life one habit at a time The book explores the power of small daily habits and how they affect your mindset behavior and long term success Regardless of whether you wish to boost productivity improve your health have more meaningful relationships or attain more balance this book offers easy to implement habits that can be fitted into any lifestyle This is not a search for perfection it s a search for improvement *10 Habits That Will Shape Your Future* is your straightforward manual for becoming more focused fulfilled and in control of the life you re creating

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intelligent actions for growth based on a clearer understanding of how the mind and body operate Tune into their own thoughts emotions and feelings to discover what serves them and what doesn't and then how to use that information to achieve what is desired Explore their purpose in life and align their values with their goals Build better relationships with themselves others and their communities Packed with tips and step by step exercises this book empowers readers to establish a firm foundation of whole body health so that success can follow naturally

**The Education of Girls in the United States** Sara Annie Burstall, 1894 *Regulations for the government of the Navy of the United States* United States. Navy Dept, 1896

**100 Ways to Get Peace** Ashok Gulla, 2022-07-28 Everyone likes to have peace of mind in their life They will be happy to forget their troubles problems and worries and enjoy a few moments of inner calmness and freedom from obsessing thoughts But people wish peace along with all other things which take away peace It is usual to feel panic about any failure sit on the judgments of other people leave no opportunity to criticize others hold on to past grievances and remain always competitive by outwitting others People feel pride and respect by holding all that which keep the mind busy stressed and not be able to create a loving and sympathetic attitude about others In addition to these thoughts people cherish peace of mind This book reminds us about the large number of issues on a daily basis that create stress and deliberates on activities emotions thoughts and aspirations that need restraint so as to create an environment of peace

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