



Morning Routine

TO SET UP YOUR DAY FOR SUCCESS

- ☐ Don't check your phone for the first 15 minutes
- ☐ Journal 3 things you are grateful for
- ☐ Make your bed
- ☐ Drink 500 mL of water
- ☐ 5-10 minute stretch
- ☐ Brush your teeth & wash your face
- ☐ Work out for 20 minutes
- ☐ Take a cold shower
- ☐ Meditate
- ☐ Take probiotics & vitamins
- ☐ Coffee time!
- ☐ Read an article about something you want to learn about while eating
- ☐ Review your schedule to check for meetings
- ☐ Write your to-do list for the day
- ☐ Get your day started! You got this!

Joanna Rahier.com

Morning Routine Guide

Terry C. Jones



Morning Routine Guide:

Unveiling the Power of Verbal Art: An Mental Sojourn through **Morning Routine Guide**

In some sort of inundated with displays and the cacophony of quick communication, the profound energy and mental resonance of verbal art usually disappear into obscurity, eclipsed by the regular onslaught of noise and distractions. However, situated within the lyrical pages of **Morning Routine Guide**, a fascinating function of literary brilliance that pulses with fresh feelings, lies an unforgettable journey waiting to be embarked upon. Composed by a virtuoso wordsmith, that interesting opus manuals readers on a mental odyssey, softly exposing the latent possible and profound impact embedded within the complicated internet of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is main themes, dissect its captivating writing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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