

# 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 Today Open Now

**JG Myers**

## **Morning Routine Today Open Now:**

Total Home Makeover Renee Metzler,2012-08-15 Get a Total Home Makeover in 20 days Each day Let's Chat daily coaching session about one secret to home management then Get Moving daily to do list and apply what you just learned Stay motivated with a Daily Renewal prayer Bible verse and journal and a Weekly Reward fun ideas to celebrate your success Total Home Makeover is a complete home management course During your journey get yourself your family and your home all paddling in the same direction toward order Travel through three phases Phase 1 Transform Self Learn smart daily and weekly home management routines that create order in the home Phase 2 Transform Family Coach your family to learn and maintain healthy home habits that bring order to the home Phase 3 Transform Home Organize clear sort store room by room to create a functional home with activity zones that meet your family's needs Plus get worksheets meal planner chore chart daily routines room planner stories from the author

**The Elitists** Joseph Menser,2016-02-29 The year is 2046 Following

World War III the only nation remaining on Earth is the United States A civil war however left the United States fractured with the newly emerged Madison Legacy and Outliers opposing the United States Jerrod a talented sniper and several friends escaped the destruction of their town and are now Outliers Living deep in the woods with his grandparents Jerrod seethes with the need for revenge They know unrest is brewing elsewhere but little do they know the extent of the U.S. Military's plans Marshall a United States Marine Scout Sniper is recruited for an elite killing team with a mission shrouded in mystery Despite his loyalty he questions his commands after learning that the government has been lying to him Jerrod Marshall and their teams of trained fighters are destined to meet in Billings Montana one of the only remaining cities in the Outliers With Jerrod and his family learning more secrets and the U.S. Military accelerating its destructive tactics the stage is set for an ultimate showdown

Be You, Be Great! - Unleash Your Unique Gift Of Greatness Within You Antonio Edwards,2015-08-28

Be You Be Great will go deep into helping you find your purpose along with your gift or gifts maybe you never knew were sitting right there inside of you This book will help you distinguish the types of relationships that could be either flourishing your greatness or harming your greatness all the way to helping you determine what cords are attached to you holding you back and what enemies aside from people you could be sleeping with Be You Be Great is designed to help you unleash your own unique greatness through helping you find your gift give you more clarity more focus more power in your everyday life and most importantly more freedom for yourself

Science John Michels (Journalist),1889 A weekly record of scientific progress

**St. Louis Daily Market Reporter and Merchants Exchange Price Current** ,1899

*The Harvard Echo* ,1880 Daily newspaper published by undergraduates at Harvard College

*The Job Ahead* Herman Raphael

Goldberg, Winifred T. Brumber, 1963 Stories on everyday situations in getting and holding a job in 3 volumes at progressing levels of reading difficulty

**Detox 101** Jessi Andricks,2015-02-03 Detox 101 is your twenty one day guide to cleansing without deprivation In this program you will clean out your body mind and soul to bring you back to a whole healthy and

happy you for life You ll be guided through twenty one days of healthy eating drinking moving and thinking You ll learn simple ways to incorporate healthy habits into your daily life as well as do some deep cleansing for all your systems The twenty one day program starts with a focus on food moves towards exercising and ends with the chance to turn your focus toward your inner state During the detox you ll focus on whole healthy foods avoiding foods that might trigger digestive upsets or inflammation in the body You ll learn how to exercise to create more energy rather than deplete it and you ll take time each day to tune out and check in on yourself Detox 101 features exercise programs and plans meal plans and over fifty healthy whole food recipes The twenty one day plan features a daily routine complete with affirmations exercises and poses of the day recipe tips and more all to get you living the happy healthy life you deserve **The Garden** ,1888 **Today's Horoscope** ,1958 **The Century Illustrated Monthly Magazine** Josiah Gilbert Holland,Richard Watson Gilder,1888

*Harper's Round Table* ,1899 Harper's Young People ,1899 **Votes & Proceedings** New South Wales. Parliament. Legislative Council,1879 *Madison Hall Notes* ,1900 Ungraded ,1923 **Journal of the British Fertility Society** ,1997 **Practical Farm Ideas Quarterly** ,2004 I Can Pray, You Can Pray Richard Chilson,1978 India Today International ,2007

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