

# 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 Update Download

**JR Anderson**

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web apr 13 2015 yes ashow i have it at the moment is on tdc piston 1 intake valve wil open the moment the piston goes down i do have at the moment piston number 3 on exhuast valve open i do think i have my timing then in order i just had to make sure

**bmw e46 320d yarar mı donanımhaber forum** - Jul 03 2022

web arkadaşım sonuÇta bmw bmw dir faslini geçip direk sana amcamın bir depo yakıtla 1100 km yol yaptığını söyleyeyim alıntıları göster e46 320d ben kullanıyorum mÜkemmel bIr araÇ fakat her araÇta olduĞu gİbİ bu aracında kronik sorunları var herŞeyden Önemlİsİ motorlar olduÇa saĞlam uzun

*320d timing chain replacement bimmerpost* - Oct 06 2022

web dec 15 2021 hi all i m looking for recommended garages to replace the timing chain and associated components on my n47 320d may 2013 build currently on 104k miles started misfiring took it to a trusted mechanic who agreed its sounding rough but nothing showed on their bmw obd reader suggesting that i caught the issue early

set timing without special tool risky or doable update e46 - May 13 2023

web dec 8 2019 there s nothing wrong with that everyone starts from zero i assumed he meant install the vanos because nobody who is familiar with the timing would even bring the vanos up setting the timing requires a bigger kit than that

anyway the camshafts and crankshaft need to be locked before you even get to the sprockets and timing chain