



thirty five

morning routine ideas

to help kick the snooze habit

1. Journal.
2. Use positive affirmations.
3. Practice gratitude.
4. Visualise your perfect day.
5. Meditate.
6. Exercise.
7. Practice yoga.
8. Deep breathing exercises.
9. Miracle Morning SAVERS.
10. Listen to music.
11. Read.
12. Do some colouring.
13. Listen to an audiobook.
14. Listen to a podcast.
15. Drink a glass of water.
16. Enjoy a mindful cup of tea.
17. Eat a healthy breakfast.
18. Use essential oils.
19. Have a social media detox.
20. Check your calendar.
21. Write down your top 3 tasks.
22. Make a list.
23. Focus on your personal growth.
24. Plan out a goal.
25. Check-in on your finances.
26. Track your spending.
27. Complete a 5-minute task.
28. Put on a load of laundry.
29. Take dinner out the freezer.
30. Put dinner in the slow cooker.
31. Plan your meals.
32. Write your shopping list.
33. Go for a walk.
34. Hug your kids.
35. Send a good morning text.



Morning Routine Ideas

Alexis Fey



Morning Routine Ideas:

Reviewing **Morning Routine Ideas**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Morning Routine Ideas**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

https://crm.allthingsbusiness.co.uk/public/uploaded-files/index.jsp/anxiety_relief_this_month_install.pdf

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