

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 How To Returns

Clifford Lane



Morning Routine How To Returns:

Embracing the Track of Phrase: An Emotional Symphony within **Morning Routine How To Returns**

In some sort of used by displays and the ceaseless chatter of instant connection, the melodic beauty and mental symphony developed by the prepared term usually fade into the backdrop, eclipsed by the persistent sound and disturbances that permeate our lives. Nevertheless, situated within the pages of **Morning Routine How To Returns** a wonderful literary prize brimming with natural thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, that charming masterpiece conducts readers on an emotional journey, well unraveling the concealed songs and profound impact resonating within each carefully crafted phrase. Within the depths of the touching analysis, we can investigate the book is key harmonies, analyze their enthralling publishing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

<https://crm.allthingsbusiness.co.uk/About/Resources/fetch.php/remote%20jobs%20near%20me%20coupon.pdf>

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