

# 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 Coupon

**Andrew Bolt**

## **Morning Routine Update Coupon:**

*Written comments on discussion options relating to the unrelated business income tax ,1988*    **Cross-Cultural Design: Applications in Mobile Interaction, Education, Health, Tarnsport and Cultural Heritage** P.L. Patrick Rau,2015-07-18 The two LNCS volume set 9180 9181 constitutes the refereed proceedings of the 7th International Conference on Cross Cultural Design CCD 2015 held as part of the 17th International Conference on Human Computer Interaction HCII 2015 in Los Angeles CA USA in August 2015 jointly with 15 other thematically similar conferences The total of 1462 papers and 246 posters presented at the HCII 2015 conferences were carefully reviewed and selected from 4843 submissions These papers of the two volume set address as follows LNCS 9180 Cross Cultural Design Methods Practice and Impact Part I addressing the following major topics cross cultural product design cross cultural design methods and case studies design innovation social development and sustainability and LNCS 9181 Cross Cultural Design Applications in Mobile Interaction Education Health Transport and Cultural Heritage Part II addressing the following major topics cultural aspects of social media and mobile services culture for transport and travel culture for design and design for culture and culture for health learning and games    *How to Help Your Patients Stop Smoking* Thomas J. Glynn,Marc Manley,1989    **The Punched Card Machine Accounting and Data Processing Semi-annual** ,1952    **Metal** ,1893    The Pay-per-view Explosion Dantia Gould,1991    The BEST YEARS OF YOUR LIFE ,2002    A Woman's Guide to Good Health After 50 Marie Feltin,1987    **Automatic Data Processing** ,1960    A Flicker of a Doubt Daryl Wood Gerber,2023-03-28 Fairies are trending hard especially when it comes to fairy garden d cor in Walmart and Target and on Amazon The latest installment in the nationally bestselling Daryl Wood Gerber s Fairy Garden mysteries is a perfect read for Laura Childs readers and all fans of whimsy and charm With a theater foundation tea and an art show planned at Violet Vickers s estate Courtney is hired to create charming fairy gardens for the event It s not so charming however when her best friend Meaghan s ex boyfriend turns out to be Violet s latest artistic prot g Even worse not long after Meaghan locks horns with him his body is found in her yard bludgeoned with an objet d murder There s a gallery of suspects from an unstable former flame to an arts and crafts teacher with a sketchy past But when the cops focus on Meaghan s business partner who s like a protective older brother to her and discover he also has a secret financial motive Courtney decides to draw her own conclusions Fearing they re missing the forest for the trees and with some help from Fiona the sleuthing fairy she hopes to make them see the light Praise for Daryl Wood Gerber s A Sprinkling of Murder Enchanting series launch from Agatha Award winner Gerber Cozy fans will wish upon a star for more Publishers Weekly A winner Fans of Laura Childs work will enjoy Booklist    **The Bottom Line Book of Everyday Solutions** ,2001    Our Home Front, 1939-45 Andrew Bolt,1995 Foreword by Geoffrey Blainey afterword by Joan Kirner    **Mid-western Banker** ,1953    **The Ladies' Home Journal** Edward William Bok,1987    **House Beautiful** ,1981    *Goodyear's Higher Accounting* Samuel Horatio Goodyear,Lloyd Earnest Goodyear,1909    **Bulletin of the**

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