

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

- 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

mind



Morning Routine Best Open Now

Otis Love Guernsey (Jr.)

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Teaching Life Differently Judith (J.C.) Greeley,Melinda Doyle McCall,2018-04-17 Children who are sighted learn concepts and gain experience through incidental learning the observation of events and interactions in their environment Students with visual impairment need to be systematically sequentially and concretely taught through hands on experiences Historically students got this learning through channels other than schools The teaching of recreation adaptive sports social life opportunities and career education require this specific systematic approach Individuals with vision impairment may also require specific interventions to learn independent living skills self advocacy and community relationships *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 **The Top Dimension** Phyllis Sinclair,2015-11-03 Short story description A paranormal story about astral travel or out of body travel Spirit guides and guardian angels Spiritual dimensions above and beyond Earth and reincarnation **The Garden** ,1880 *Science* John Michels (Journalist),1889 A weekly record of scientific progress

The Garden ,1883-07 **Motor Learning and Development** Pamela S. Haibach-Beach,Melanie Perreault,Ali Brian,Douglas Holden Collier,2024 Motor Learning and Development Third Edition With HKPropel Access unites two subdisciplines of motor behavior to provide an understanding of how humans acquire and develop movement skills throughout the life span It prepares students to create apply and evaluate motor skill programs Insiders' Guide® to Connecticut Eric D. Lehman,2015-03-07 Insiders Guide to Connecticut is the essential source for in depth travel information for visitors and locals to the Nutmeg State Written by a local and true insider Insiders Guide to Connecticut offers a personal and practical perspective of the state that makes it a must have guide for travelers as well as residents looking to rediscover their home state **The Best Plays of 1973-1974** Otis L. Guernsey,1974 **The Japan Daily Mail** ,1899 **The Churchman** ,1889 **Pharmaceutical Journal** ,1898 **The Pharmaceutical Journal** ,1899 *Gardeners' Chronicle* ,1880 *Burns Mantle Best Plays and the Year Book of the Drama in America* Otis Love Guernsey (Jr.),1974 Complete broadway and off Broadway programs directories of London Paris cross country off off Broadway theater 19734 74 statistics articles photos The Gardeners' Chronicle ,1880 Country Life Illustrated ,1898 **The ERASL**. Expenditure-reimbursement assurance stores, ltd,1878 Daily Variety ,1962 *The Works of Charles Lever: Charles O'Malley ; Jack Hinton* Charles Lever,1882

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