

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 This Month Coupon

Peipei Pang

Morning Routine This Month Coupon:

Embracing the Melody of Expression: An Emotional Symphony within **Morning Routine This Month Coupon**

In a global taken by screens and the ceaseless chatter of instantaneous communication, the melodic elegance and emotional symphony developed by the prepared word often disappear in to the background, eclipsed by the relentless sound and interruptions that permeate our lives. However, set within the pages of **Morning Routine This Month Coupon** a stunning literary prize filled with natural emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, this interesting masterpiece conducts viewers on an emotional trip, skillfully unraveling the concealed songs and profound influence resonating within each carefully crafted phrase. Within the depths of the touching analysis, we will discover the book's main harmonies, analyze their enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

https://crm.allthingsbusiness.co.uk/results/Resources/HomePages/Nonlinear_Optical_Crystals_A_Complete_Survey_2005_Edition_By_Nikogosyan_David_N_2005_Hardcover.pdf

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