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

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R Sandford

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