

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 Guide Best Price

Tobias Bleicker

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A Hand to Guide Me Denzel Washington, 2006 C 1 COUNTY FUNDS B T 12 18 2006 23 95 Guadeloupe Alive Guide
Lynne Sullivan, 2008-03-15 Guadeloupe is an archipelago in the center of the Lesser Antilles. The main island is actually two irregular ovals hinged together like an open oyster shell. Smaller outer islands float nearby like spilled pearls in the turquoise sea. Grande Terre, the eastern half of the shell, is basically a flat field of lush sugarcane dotted with colorful towns and rimmed by long sandy beaches. Basse Terre is a mountainous forest marked by waterfalls, rivers, hot springs, and a volcano. The two are joined by a bridge over the Rivière Salée, a channel that connects the Caribbean Sea and Atlantic Ocean. Grande Terre and Basse Terre. Why you may wonder, is the smaller, flatter half of the island called Grande Terre, big land, and the larger, mountainous half called Basse Terre, low land? The only theory that makes sense is that early sailors, with their obligatory obsession for wind, noticed that northeastern trade winds blew grande when they hit the flat eastern shore, but basse when they pushed over the mountains in the west. The less developed islands of Marie Galante, Les Saintes, and La Désirade stretch out along the double island's southern shore. Les Saintes is actually a collection of mini islands that are rocky and steep, like Basse Terre. Marie Galante is flatter and similar to Grande Terre topographically. La Désirade is a long, narrow, rugged rock with one road, only a few residents, and limited facilities, a nature lover's dream. Most visitors choose to stay on the main island and take day trips or overnight excursions to the outer islands. Grande Terre and Basse Terre are connected by a highway that bridges the channel between them, so driving from one to the other is simple. Boats leave for the outer islands from four towns on the main island's southern coast, and they are the quickest and least expensive way to island hop. Air Guadeloupe flies daily from the international airport near Pointe-à-Pitre to Les Saintes, Marie Galante, and La Désirade. Because the island is so diverse in a single day, you can enjoy a drive along both the jagged coast of the wild Atlantic and the pristine coves of the calm Caribbean, or hike uphill into the rain forest, then nap on a sunny beach. Several towns on both Basse Terre and Grande Terre offer gourmet dining, lively entertainment, and world-class lodging. Because the archipelago is a legitimate region of France, you will enjoy French-style comfort and cuisine with a tropical twist, wherever you stay. This tropical twist is one of Guadeloupe's many charms. Shops and offices close between noon and 2 o'clock for a leisurely gourmet lunch with wine, as they typically do all over Europe. But out on the streets, the music has a decidedly African beat. The women wear madras headdresses, as they do in India, and the aroma of West Indies spices permeates the air. Another appealing quality is the stable economy that makes Guadeloupe neither rich nor poor. Towns aren't filled with tourist badgering hustlers or begging street people. At the same time, the islanders are friendly, and a simple "bonjour" breaks the language barrier. There aren't a lot of fancy boutiques or glitzy nightspots, but everyone seems to have plenty of everything they need. This is a complete and highly detailed guide to Guadeloupe, the restaurants, the hotels, what to see, and what to do. It is excerpted from our 650-page Martinique, Guadeloupe, Dominica, St. Lucia Alive guide. *The Rough Guide to Ecuador and the Galapagos:*

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