

# 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 In The Us

**Joseph Claybaugh Gordon**

## **Morning Routine In The Us:**

*10 Everyday Habits That Will Shape Your Future* Adam Stańczyk, 2025-04-21 10 Habits That Will Shape Your Future is a practical empowering guide to a better life one habit at a time. The book explores the power of small daily habits and how they affect your mindset behavior and long term success. Regardless of whether you wish to boost productivity improve your health have more meaningful relationships or attain more balance this book offers easy to implement habits that can be fitted into any lifestyle. This is not a search for perfection it's a search for improvement. 10 Habits That Will Shape Your Future is your straightforward manual for becoming more focused fulfilled and in control of the life you're creating.

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### **Success**

**Starts Within** Chazz Scott, 2023-08-08 Successful health Healthy success You can have both with Success Starts Within your guide to science backed strategies rooted in the principle that outward success begins with inner wealth. Drawing from the latest research in neuroscience and positive psychology mindset and resilience expert Chazz Scott shares practical strategies for what he refers to as radical self care an approach to living that helps us transcend negative thinking gain inner confidence improve focus and develop meaningful relationships so that we may achieve true fulfillment in our personal and professional lives. Success Starts Within addresses the urgent need for regular continual self care and personal growth. It provides proven techniques to alleviate stress and anxiety boost life satisfaction and improve whole body health. At a time when the health care industry is overwhelmed this book offers practical science based solutions anyone can integrate into their daily routine. Some of the science backed strategies that will help readers learn numerous skills include how to Counter burnout and accelerate success in both professional and personal domains. Slow down to speed up productivity achieve wellness and improve fulfillment. Prioritize daily self care without it feeling burdensome. Make wise decisions and choose

intelligent actions for growth based on a clearer understanding of how the mind and body operate Tune into their own thoughts emotions and feelings to discover what serves them and what doesn t and then how to use that information to achieve what is desired Explore their purpose in life and align their values with their goals Build better relationships with themselves others and their communities Packed with tips and step by step exercises this book empowers readers to establish a firm foundation of whole body health so that success can follow naturally

**The Education of Girls in the United States** Sara Annie Burstall,1894 *Regulations for the government of the Navy of the United States* United States. Navy Dept,1896

**100 Ways to Get Peace** Ashok Gulla,2022-07-28 Everyone likes to have peace of mind in their life They will be happy to forget their troubles problems and worries and enjoy a few moments of inner calmness and freedom from obsessing thoughts But people wish peace along with all other things which take away peace It is usual to feel panic about any failure sit on the judgments of other people leave no opportunity to criticize others hold on to past grievances and remain always competitive by outwitting others People feel pride and respect by holding all that which keep the mind busy stressed and not be able to create a loving and sympathetic attitude about others In addition to these thoughts people cherish peace of mind This book reminds us about the large number of issues on a daily basis that create stress and deliberates on activities emotions thoughts and aspirations that need restraint so as to create an environment of peace

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