

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 Latest

Daniel F McAuley

Morning Routine Latest:

Adopting the Song of Expression: An Mental Symphony within **Morning Routine Latest**

In a world consumed by displays and the ceaseless chatter of fast connection, the melodic elegance and psychological symphony developed by the published word often disappear in to the backdrop, eclipsed by the constant noise and interruptions that permeate our lives. However, set within the pages of **Morning Routine Latest** a wonderful literary value overflowing with organic emotions, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, that interesting masterpiece conducts visitors on a mental trip, well unraveling the concealed melodies and profound influence resonating within each cautiously constructed phrase. Within the depths of this emotional analysis, we can investigate the book is main harmonies, analyze their enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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