

Morning Routine Checklist

44 ideas to help you create a plan you'll stick to



- ☐ 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



- ☐ take a shower
- ☐ wash face
- ☐ style hair
- ☐ apply makeup
- ☐ put on an outfit you feel good in
- ☐ put on sunscreen
- ☐ brush teeth
- ☐ floss

- ☐ 5 min stretch
- ☐ walk
- ☐ workout
- ☐ take vitamins
- ☐ make a healthy breakfast
- ☐ yoga
- ☐ put on a face masque
- ☐ cold exposure



- ☐ do a quick tidy
- ☐ wipe down counters
- ☐ set the mood in your space
- ☐ start a load of laundry
- ☐ prep dinner

- ☐ 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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QuickRead,Alyssa Burnette



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Heartbeat Staying Out of Life's Muck by Tapping into the Love Wisdom Energy Cathy Fitzhenry, 2024-01-21 Discover a new perspective to break free from life's chaos and tap into the transformative power of love In *How to Stay Out of Life's Muck and Tap into the Love Wisdom* author Cathy Fitzhenry challenges the conventional belief that logical understanding is the key to finding solutions Drawing from her own personal journey including the chaos of her marriage and family as well as her transformative brain break Fitzhenry reveals the sanctuary found within the love energy This groundbreaking book provides practical guidance on operating in the Love Energy a force more effective than mere logic in dissolving the walls of fear and stories that hold us captive to the muck Uncover a path that leads to healing one mucky moment at a time Through engaging storytelling and insightful wisdom Fitzhenry opens the door to a better way of living where the love energy becomes a regular source of empowerment and liberation Get ready to break free from the muck and embrace a life filled with love and wisdom Stephanie C Shipper a renowned speaker in Conflict Resolution and a seasoned practitioner with 33 years of experience as an NLP Trainer Consulting Kinesiologist and Brain Based Trauma Counselor

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negative thoughts about school establishing a clear and predictable morning routine and setting up a system of rewards for going to school Tools such as worksheets lists of Dos and Don ts sample parent child dialogues and Fridge Notes combine to create a workbook type resource that will help you increase your child's school attendance and relieve your own feelings of concern and worry Easy to read and filled with concrete strategies this book is the first of its kind dedicated to educating and arming parents with the tools they need to resolve their child's school refusal behavior *Light on the Web* Wendy G.

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