

# 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 Compare Open Now

**Puja Mehta**

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**Total Home Makeover** Renee Metzler,2012-08-15 Get a Total Home Makeover in 20 days Each day Let's Chat daily coaching session about one secret to home management then Get Moving daily to do list and apply what you just learned Stay motivated with a Daily Renewal prayer Bible verse and journal and a Weekly Reward fun ideas to celebrate your success Total Home Makeover is a complete home management course During your journey get yourself your family and your home all paddling in the same direction toward order Travel through three phases Phase 1 Transform Self Learn smart daily and weekly home management routines that create order in the home Phase 2 Transform Family Coach your family to learn and maintain healthy home habits that bring order to the home Phase 3 Transform Home Organize clear sort store room by room to create a functional home with activity zones that meet your family's needs Plus get worksheets meal planner chore chart daily routines room planner stories from the author

*Ballad of the Red Paladin* J.C.M. Shurtleff,2015-03-03 Jack a thrice

Blessed man is condemned to die by his fellow Paladins A Princess seeks answers on the borders of her Kingdom while an ancient enemy is once again on the march A tale of war and forgiveness of new beginnings and endings told among the green fields of Ispe

*The Facilitator's Handbook for Effective Enrichment* Carla Brigandi,Cindy Gilson,2025-10-09 The Facilitator

s Handbook for Effective Enrichment provides a clear practical roadmap for implementing enriching educational activities across the curriculum Enrichment focused and practitioner friendly this book provides an implementation structure to help educators use the evidence based practices of Renzulli's Enrichment Triad Model the foundation for Renzulli and Reis's Schoolwide Enrichment Model to raise students knowledge skills motivation and self efficacy Covering the what why and how with step by step guidance hands on strategies and immediately implementable activity plans this book provides everything needed to ensure that enrichment is meaningful and empowering for both facilitators and students Featuring mini curricular units aligned to educational standards and a Just for You section designed to support reader growth and confidence as a facilitator this book is a must read for anyone working to promote children's development regardless of background or experience

**Motor Learning and Development** Pamela S. Haibach-Beach,Melanie Perreault,Ali Brian,Douglas Holden

Collier,2024 Motor Learning and Development Third Edition With HKPropel Access unites two subdisciplines of motor behavior to provide an understanding of how humans acquire and develop movement skills throughout the life span It prepares students to create apply and evaluate motor skill programs

*Motor Learning and Development 2nd Edition*

Haibach, Pamela,Reid, Greg,Collier, Douglas,2018 Motor Learning and Development Second Edition With Web Resource provides a foundation for understanding how humans acquire and continue to hone their movement skills throughout the life span

**Science** John Michels (Journalist),1889 A weekly record of scientific progress

**Hard Cash ... Second Edition**

Charles Reade,1872 **The Churchman** ,1889 Teaching Children Mathematics ,2003 Congressional Record United States. Congress,1915 The Congressional Record is the official record of the proceedings and debates of the United States

Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873 **Daily Report** ,1991-04 *St. Louis Daily Market Reporter and Merchants Exchange Price Current* ,1898 *Library World* ,1900 **College Journal** ,1878 **Cyclopaedia of American Literature** Evert Augustus Duyckinck,George Long Duyckinck,1877 *The Library World* ,1899 **Robots 8: Applications for today** ,1984 **The Australasian Insurance & Banking Record** ,1889 **Australasian Insurance & Banking Record** ,1889 *Japan Weekly Mail* ,1874

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- Interactive and Gamified eBooks

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