

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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RM Cervero



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St. Louis Daily Market Reporter and Merchants Exchange Price Current ,1899 **Weekly World News** ,1994-07-12 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub [www weeklyworldnews com](http://www.weeklyworldnews.com) is a leading entertainment news site *Ebony* ,1978-09 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine *The New York Times Magazine* ,1995 *Ebony* ,1979-08 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine *Personal Computing* ,1988 *Chamber's Journal of Popular Literature, Science and Arts* ,1877 *Chambers's Journal of Popular Literature, Science and Arts* ,1877 **Mechanix Illustrated** ,1982 *Ebony* ,1978-04 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **The Postal Record** ,1894 *Ladies' Home Journal* ,2006 *The Ladies' Home Journal* Edward William Bok,2006-07 **National Geographic** ,2008 *The Reader's Digest* ,2008 **Air & Space Smithsonian** ,2008-04 *Dairymen's Price Reporter* ,1930 *Chambers's Edinburgh Journal* ,1877 **Keith's Magazine on Home Building** ,1916 *Red Book* ,1987-11 The magazine for young adults varies

Reviewing **Morning Routine Today Free Shipping**: Unlocking the Spellbinding Force of Linguistics

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