



thirty five

morning routine ideas

to help kick the snooze habit

1. Journal.
2. Use positive affirmations.
3. Practice gratitude.
4. Visualise your perfect day.
5. Meditate.
6. Exercise.
7. Practice yoga.
8. Deep breathing exercises.
9. Miracle Morning SAVERS.
10. Listen to music.
11. Read.
12. Do some colouring.
13. Listen to an audiobook.
14. Listen to a podcast.
15. Drink a glass of water.
16. Enjoy a mindful cup of tea.
17. Eat a healthy breakfast.
18. Use essential oils.
19. Have a social media detox.
20. Check your calendar.
21. Write down your top 3 tasks.
22. Make a list.
23. Focus on your personal growth.
24. Plan out a goal.
25. Check-in on your finances.
26. Track your spending.
27. Complete a 5-minute task.
28. Put on a load of laundry.
29. Take dinner out the freezer.
30. Put dinner in the slow cooker.
31. Plan your meals.
32. Write your shopping list.
33. Go for a walk.
34. Hug your kids.
35. Send a good morning text.

Morning Routine Ideas

S Ashworth

Morning Routine Ideas:

Enjoying the Melody of Phrase: An Psychological Symphony within **Morning Routine Ideas**

In a world eaten by displays and the ceaseless chatter of quick interaction, the melodic elegance and emotional symphony produced by the prepared term often fade in to the backdrop, eclipsed by the constant sound and disturbances that permeate our lives. Nevertheless, nestled within the pages of **Morning Routine Ideas** a wonderful fictional treasure full of natural feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, that fascinating masterpiece conducts readers on a mental trip, well unraveling the hidden songs and profound affect resonating within each cautiously crafted phrase. Within the depths of the emotional review, we can discover the book is main harmonies, analyze its entralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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