

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

Morning Routine Today

Arturo Cuomo



Morning Routine Today:

Whispering the Strategies of Language: An Mental Journey through **Morning Routine Today**

In a digitally-driven earth where monitors reign great and immediate transmission drowns out the subtleties of language, the profound secrets and mental nuances concealed within words usually get unheard. However, situated within the pages of **Morning Routine Today** a captivating literary treasure pulsating with organic feelings, lies a fantastic quest waiting to be undertaken. Written by a skilled wordsmith, this marvelous opus encourages viewers on an introspective trip, softly unraveling the veiled truths and profound influence resonating within the very material of each and every word. Within the psychological depths with this moving review, we can embark upon a honest exploration of the book is primary subjects, dissect their charming publishing design, and fail to the powerful resonance it evokes deep within the recesses of readers hearts.

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