

# 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 Latest

**Kevin Ramirez**

**Morning Routine Latest:**

## Embracing the Song of Term: An Mental Symphony within **Morning Routine Latest**

In a global taken by displays and the ceaseless chatter of instant transmission, the melodic splendor and psychological symphony created by the published word frequently fade in to the back ground, eclipsed by the persistent noise and disruptions that permeate our lives. However, located within the pages of **Morning Routine Latest** a charming literary value filled with natural emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, that interesting masterpiece conducts visitors on an emotional journey, well unraveling the concealed songs and profound impact resonating within each carefully crafted phrase. Within the depths with this touching evaluation, we will examine the book is central harmonies, analyze its enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

<https://crm.allthingsbusiness.co.uk/public/Resources/default.aspx/best%20high%20yield%20savings%20last%2090%20days%20on%20sale.pdf>

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