

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 Today

Harry K. Wong, Rosemary T. Wong

Morning Routine Today:

Whispering the Techniques of Language: An Mental Quest through **Morning Routine Today**

In a digitally-driven earth wherever displays reign great and quick interaction drowns out the subtleties of language, the profound techniques and emotional subtleties concealed within phrases often go unheard. However, located within the pages of **Morning Routine Today** a interesting literary treasure pulsating with natural emotions, lies an extraordinary journey waiting to be undertaken. Published by an experienced wordsmith, that wonderful opus attracts readers on an introspective journey, softly unraveling the veiled truths and profound impact resonating within ab muscles material of every word. Within the emotional depths of the touching evaluation, we can embark upon a heartfelt exploration of the book is core subjects, dissect their fascinating writing design, and yield to the strong resonance it evokes heavy within the recesses of readers hearts.

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