82 Morning Routine Ideas

			ueas		
Wak	ting Up				
100	Wake up at 5 a.m.		Wake up at 7 a.m.	(C)	Splash Cold Water on your face
	Wake up at 6 a.m.		Open the Window	E3	Open drapes
Heal	leh				
100	Take Supplements		Exercise 15 Minutes		Go for a Walk
	Drink a Cup of Water				Cold Shower
	Dance	E.3			Healthy Smoothie
	Do Breathing Exercises		Warm Up your Body		Stretch
	Take Dogs for a walk				Go Swimming
	Yoga	100	Eata fruit		
Mim	dfulness				
	Journal	100	Eat a heathy Breakfast		Write a thank you letter
	Meditation		Write down how you want to feel today	E3	5 Minute Writing
E3	Pray	E3	Write down who you want to be today	E3	Draw a doodle
E31	Avoid your phone	400	Self-Hypnosis	1000	Positive Affirmations
	Visualize your Goal		Look at your Vision Board		Recall your Dreams
Арр	earance and Hygiene				
	Shower	E 1	Apply Makeup	0.7	Do Hair
	Wash	100	Dress Up	E2	Get Dressed
	Brush Teeth	E21	Facemask		Apply Sunscreen
100	Floss				
Soci	al				
-	Message a Family Member	173	Message a friend		Social Media
	Call a Family Member				Do a Pedicure
	Family Time		Play with your Kid		Play with your Pet
	ick for 🖦		Watch motivational YouTube videos		Brain Exercises
	the S		Learn sth. New	E.3	Listen to a TedTalk

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Morning Routine Romantasy S This Week

Michael Brown

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