

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 This Week Warranty

Jianjun Gao



Morning Routine This Week Warranty:

Pamela Tiffin Tom Lisanti,2015-10-06 Dark haired 60s cult pop icon Pamela Tiffin debuted in Summer and Smoke 1961 and was a scene stealing comedienne opposite James Cagney in Billy Wilder s One Two Three 1961 before becoming the queen of teenage drive in movies in State Fair 1963 Come Fly with Me 1963 For Those Who Think Young 1964 The Lively Set 1964 and The Pleasure Seekers 1964 After landing a sexy adult role opposite Paul Newman in Harper 1966 she went blonde and ran away to Italy to star in such films as Kiss the Other Sheik 1968 The Fifth Cord 1971 and Deaf Smith Johnny Ears 1973 This thoroughly researched career retrospective pays tribute to the talented Tiffin hailed by Cagney for her remarkable flair for comedy and addresses why she did not achieve superstardom Interviews with co stars including Franco Nero and film historians offer a behind the scenes look at her most popular films

Decisions and Orders of the National Labor Relations Board United States. National Labor Relations Board,1983 Commercial Carrier Journal for Professional Fleet Managers ,1999-07 *Journal of the Senate of the United States of America* United States. Congress. Senate,1971 **The Northeastern Reporter** ,1909 *The Canadian Countryman* ,1927 **Business Week** ,1991 The Weekly Underwriter Alasco Delancey Brigham, Henry Rogers Hayden,1928 **Harper's Weekly** John Bonner, George William Curtis, Henry Mills Alden, Samuel Stillman Conant, Montgomery Schuyler, John Foord, Richard Harding Davis, Carl Schurz, Henry Loomis Nelson, John Kendrick Bangs, George Brinton McClellan Harvey, Norman Hapgood, 1872 *The Adjuster* ,1909 **The Law Times** ,1875 **Federal Register** ,1999 **The Adjuster Insurance** ,1909 Kiplinger's Personal Finance ,1981-07 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics *Pharmaceutical Journal;* ,1905 **Country Life in Canada** ,1915 **Greenwood's Manual of the Practice of Conveyancing** George Wright Greenwood,1897 **The Agricultural Gazette and Modern Farming** ,1924 A History of the Canadian Knights of Columbus, Catholic Army Huts I. J. E. Daniel, Daniel Aloysius Casey,1922 **Massachusetts Reports** Massachusetts. Supreme Judicial Court,1909

Morning Routine This Week Warranty Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Morning Routine This Week Warranty**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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Morning Routine This Week Warranty Introduction

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