

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

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PT Brinkman

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the PT Brinkman text.

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Managing Interactive Video/multimedia Projects Robert E. Bergman, Thomas V. Moore, 1990 **Commerce Business Daily**, 1998-03 **Trust Companies**, 1926 A Different Calling Kenneth P. Langer, 2018-10-09 What if the world was filled with ministers people who cared about the well being and wholeness of others To minister is to attend to the needs of others and there are many great people who have committed their lives to that mission but not everyone is able to dedicate themselves to becoming a professional minister Some choose to help others as a lay minister or non professional caregiver This text serves as a guide for training and support for people who want to become lay ministers or group facilitators of any spiritual tradition **One Year to an Organized Life** Regina Leeds, 2008-01-11 From the professional named Best Organizer in Los Angeles a comprehensive week by week bible to completely streamline all aspects of your life from your closets to your finances Who would you be if you felt at peace and had more time and money An organized life enables you to have more freedom less aggravation better health and to get more done For nearly twenty years Regina Leeds has helped even the messiest turn their lives around One Year to an Organized Life is a unique week by week approach that you can begin at any time of year Regina helps you break down tasks and build routines over time so that life becomes simple not overwhelming Whether you re living in chaos or just looking for new ways to simplify this essential book will help you get the whole household organized and stay that way *Electrical Review and Western Electrician with which is Consolidated Electrocraft*, 1916 Gas Age, 1925 Includes summaries of proceedings and addresses of annual meetings of various gas associations L C set includes an index to these proceedings 1884 1902 issued as a supplement to Progressive age Feb 15 1910 **The Gas Age**, 1917 **New York Review of the Telegraph and Telephone and Electrical Journal**, 1915 Scientific American, 1907 The Gas Record, 1920 Power Plant Engineering, 1928 **System**, 1931 **The Michigan Bell**, 1922 Western Electric News, 1925 **The Journal of the Institution of Electrical Engineers**, 1926 *Electrical Installation Record*, 1909 *Electrical World*, 1910 **The Dairyman**, 1949 *The Commercial Motor*, 1911

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