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
- S. C. Back
- 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

cold exposure



laundry

prep dinner

masque

□ do a quick tidy
□ wipe down
counters
□ set the mood in
your space
□ start a load of □



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 Month

Léo Pomar

Morning Routine This Month:

Adopting the Tune of Expression: An Mental Symphony within Morning Routine This Month

In some sort of taken by displays and the ceaseless chatter of immediate communication, the melodic splendor and mental symphony developed by the written term usually fade in to the back ground, eclipsed by the relentless sound and disturbances that permeate our lives. Nevertheless, situated within the pages of **Morning Routine This Month** a stunning fictional value brimming with fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, this fascinating masterpiece conducts visitors on a mental trip, skillfully unraveling the concealed tunes and profound influence resonating within each cautiously constructed phrase. Within the depths with this touching assessment, we will explore the book is main harmonies, analyze their enthralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

 $\frac{https://intelliborn.com/results/virtual-library/Documents/ohsas\%2018001\%20designing\%20and\%20implementing\%20an\%20effective\%20health\%20and\%20safety\%20management\%20system.pdf$

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