

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

Tom Lisanti



Morning Routine This Week Warranty:

Decisions and Orders of the National Labor Relations Board United States. National Labor Relations Board,1983

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

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 Weekly Underwriter* Alasco Delancey Brigham, Henry Rogers Hayden,1928

The Canadian Countryman ,1927 **Business Week** ,1991 *The Law Times* ,1875 *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 **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

Federal Register ,1999-01-04 *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 Country Life in Canada ,1915 *Littell's Living Age* ,1896 *The Rand McNally Bankers' Monthly* ,1917 **Massachusetts Reports** Massachusetts. Supreme Judicial Court,1909

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Morning Routine This Week Warranty**

In a global inundated with screens and the cacophony of instantaneous connection, the profound power and mental resonance of verbal art usually fade into obscurity, eclipsed by the regular barrage of noise and distractions. However, nestled within the lyrical pages of **Morning Routine This Week Warranty**, a charming function of fictional elegance that impulses with natural emotions, lies an wonderful trip waiting to be embarked upon. Composed with a virtuoso wordsmith, that exciting opus guides viewers on a psychological odyssey, lightly exposing the latent possible and profound affect embedded within the complex web of language. Within the heart-wrenching expanse of this evocative analysis, we can embark upon an introspective exploration of the book is key subjects, dissect their charming publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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