

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 Open Now

M Tight



Morning Routine This Week Open Now:

Munsey's Weekly ,1917 **Weekly World News** ,1997-04-29 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site *Ungraded* ,1923 *52 Weeks of Cookies* Maggie McCreath,2016-03-08 The recipes and techniques that one mother used to turn a year of her son's military service in Iraq into a year of care packages brimming with cookies Single mother Maggie McCreath couldn't decide which was worse the fact that her only son not yet twenty one was off to war in Iraq for the second time or the fact that they had only five days to prepare Even more frightening she knew that he would be part of the Surge and as a paratrooper in the 82nd Division of the Army the tip of the Spear What she did not know what she couldn't even bear to consider was how this deployment would end both for her son and for his brothers in arms whom she had come to know and love as her own So she turned to the one pastime that had always brought her solace baking Filled with delicious original cookie recipes 52 Weeks of Cookies recounts a mom's unique methods of coping during her son's deployment With plenty of sugar cookies but no sugarcoating 52 Weeks of Cookies is an honest uplifting story of family love during a crisis with all the fear grief laughter gratitude and joy that come with it When her 20 year old son was deployed to Iraq with just a few days notice Maggie McCreath desperately searched for her own mission to cope with the worry She found it with the help of flour sugar vanilla and lots of love Today Collier's Once a Week ,1903 **The Weekly Notes** Frederick Pollock,1876 **The Palestine Weekly** ,1929 **Weekly Florists' Review** Gilbert Leonard Grant,1921 **FX Insider** brad gilbert,2012-08-21 There are plenty of books out there proclaiming to tell all or to reveal the secrets to foreign exchange or forex trading There are plenty of gurus offering advice and suggestions on how to trade the market successfully But how many of these people have any real industry experience in trading foreign exchange Not many I can tell you that right now I'm Bradley Gilbert and I worked on the front line for eighteen years at some of the biggest investment banks in the world and I made over 70 million in that time Do I have your attention yet So if you really want to make money trading FX follow me This book has been written to give you the retail trader a real and practical guide to trading the forex markets Based on my own personal experiences incorporating the same skills and strategies used by commercial interbank traders and hedge funds I can help you up your game in the markets Believe me running with the big dogs is a lot more fun and a lot more rewarding than running against them and understanding this is a key part to your future success Once you have completed the book you'll feel more like you're a part of the market instead of a random speculator Seeing the market through a new set of eyes will help you to take advantage of the many opportunities the market presents day after day week after week Good luck and happy trading **Abel's Photographic Weekly** ,1918 *New York Star* ,1922 **T.P.'s Weekly** Thomas Power O'Connor,Holbrook Jackson,1907 **The Amateur Photographer's Weekly** Juan C. Abel,Charles L. Abel,1916 **Billboard** ,1951-04-14 In its 114th year

Billboard remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform. Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music, video, gaming, media, digital, and mobile entertainment issues and trends.

The household oracle, ed. by **A.H. Miles** Alfred Henry Miles, 1897 *New Zealand Farmer Weekly*, 1924 **The Sketch**, 1902 **Annual Report of the Board of Foreign Missions of the Presbyterian Church** Presbyterian Church in the U.S.A. Board of Foreign Missions, 1904 **Reports of the Boards** Presbyterian Church in the U.S.A. General Assembly, 1904 **Annual Report** Presbyterian Church in the U.S.A. Board of Foreign Missions, 1903

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