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. Car
- 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 Week Returns

Camilla Rothe

Morning Routine This Week Returns:

Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through Morning Routine This Week Returns

In some sort of inundated with screens and the cacophony of quick transmission, the profound power and emotional resonance of verbal beauty usually diminish into obscurity, eclipsed by the regular onslaught of noise and distractions. However, nestled within the lyrical pages of **Morning Routine This Week Returns**, a fascinating function of fictional beauty that pulses with fresh thoughts, lies an remarkable trip waiting to be embarked upon. Published by a virtuoso wordsmith, this magical opus books readers on an emotional odyssey, lightly exposing the latent possible and profound impact stuck within the intricate web of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is central themes, dissect its captivating publishing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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