

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 Buy Online Store Hours

S Marginson



Morning Routine Buy Online Store Hours:

Whispering the Strategies of Language: An Psychological Quest through **Morning Routine Buy Online Store Hours**

In a digitally-driven world wherever screens reign great and quick conversation drowns out the subtleties of language, the profound strategies and psychological nuances concealed within phrases often go unheard. Yet, situated within the pages of **Morning Routine Buy Online Store Hours** a captivating literary prize sporting with raw emotions, lies an extraordinary journey waiting to be undertaken. Published by a skilled wordsmith, that wonderful opus attracts viewers on an introspective journey, gently unraveling the veiled truths and profound impact resonating within the very cloth of every word. Within the psychological depths with this emotional evaluation, we shall embark upon a heartfelt exploration of the book is primary subjects, dissect its fascinating writing type, and fail to the powerful resonance it evokes heavy within the recesses of readers hearts.

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