

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 Same Day Delivery

Didier Musso



Morning Routine Same Day Delivery:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Morning Routine Same Day Delivery**

In some sort of inundated with monitors and the cacophony of immediate conversation, the profound energy and psychological resonance of verbal beauty frequently diminish in to obscurity, eclipsed by the regular barrage of sound and distractions. However, nestled within the musical pages of **Morning Routine Same Day Delivery**, a charming function of fictional splendor that pulses with organic thoughts, lies an wonderful trip waiting to be embarked upon. Written by way of a virtuoso wordsmith, that exciting opus instructions viewers on an emotional odyssey, softly exposing the latent potential and profound influence embedded within the complex web of language. Within the heart-wrenching expanse of this evocative examination, we will embark upon an introspective exploration of the book is central styles, dissect their charming publishing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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