

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 Month

Didier Musso



Morning Routine This Month:

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Morning Routine This Month**

In some sort of inundated with screens and the cacophony of instantaneous connection, the profound power and mental resonance of verbal beauty often fade into obscurity, eclipsed by the continuous assault of noise and distractions. Yet, located within the musical pages of **Morning Routine This Month**, a interesting perform of literary beauty that impulses with natural feelings, lies an unique journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, this mesmerizing opus books readers on a mental odyssey, gently revealing the latent potential and profound affect embedded within the elaborate web of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is key subjects, dissect their captivating writing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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