

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

S Marginson



Morning Routine This Month:

Whispering the Strategies of Language: An Emotional Journey through **Morning Routine This Month**

In a digitally-driven earth where monitors reign supreme and instant transmission drowns out the subtleties of language, the profound techniques and psychological nuances hidden within phrases usually get unheard. Yet, nestled within the pages of **Morning Routine This Month** a charming literary treasure blinking with raw thoughts, lies an extraordinary quest waiting to be undertaken. Penned by a skilled wordsmith, this marvelous opus attracts viewers on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within the very material of each word. Within the emotional depths with this poignant review, we shall embark upon a heartfelt exploration of the book's primary styles, dissect its charming publishing design, and fail to the powerful resonance it evokes deep within the recesses of readers' hearts.

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