IDEAS FOR YOUR MORNING ROUTINE

Create the Morning that Works for You

WAKE WITH AN ALARM WAKE TO MUSIC DRINK WATER DRINK WATER WITH LEMON DRINK COFFEE DRINK TEA EAT BREAKFAST FAST UNTIL MID-MORNING TAKE VITAMINS OR SUPPLEMENTS WATCH THE SUNRISE GET FRESH AIR DEEP BREATHING WORK OUT TALK A WALK YOGA STRETCH DANCE BIBLE READING DEVOTIONAL READING PRAYER READ TO LEARN READ A NOVEL READ AN INSPIRATIONAL QUOTE READ TO KIDS LISTEN TO A PODCAST LISTEN TO MUSIC WATCH A TED TALK

PLAY WITH YOUR KIDS

MAKE YOUR BED **BRUSH YOUR TEETH** SHOWER SELF-CARE MAKE A TO-DO LIST REVIEW YOUR TO-DO LIST SET PRIORITIES CHECK YOUR CALENDAR CHECK EMAIL REVIEW PLANS WITH FAMILY WORK ON A PERSONAL PROJECT WORK ON A HOME PROJECT PACK LUNCHES PREP FOR DINNER START LAUNDRY RUN THE DISHWASHER UNLOAD THE DISHWASHER WALK THE DOG MAKE A GROCERY LIST ORGANIZE YOUR PHONE PHOTOS DO A CROSSWORD PUZZLE **ENIOY A HOBBY** LEARN A NEW SKILL DO SOME GARDENING TALK TO A FRIEND IOURNAL GRATITUDE PRACTICE VISUALIZE YOUR GOALS.

Morning Routine Ideas

M Woodhall



Delve into the emotional tapestry woven by in Experience **Morning Routine Ideas**. This ebook, available for download in a PDF format (*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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