

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 Act Practice Top

Great Britain, Edward William Fithian



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Unveiling the Power of Verbal Art: An Mental Sojourn through **Morning Routine Act Practice Top**

In some sort of inundated with monitors and the cacophony of fast transmission, the profound power and emotional resonance of verbal beauty usually fade in to obscurity, eclipsed by the regular assault of sound and distractions. However, located within the lyrical pages of **Morning Routine Act Practice Top**, a captivating perform of literary splendor that pulses with organic thoughts, lies an memorable trip waiting to be embarked upon. Composed with a virtuoso wordsmith, that exciting opus guides visitors on a psychological odyssey, lightly revealing the latent possible and profound affect embedded within the complicated web of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is main subjects, dissect its captivating writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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