# 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
- S. Car
- 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

cold exposure



laundry

prep dinner

masque

□ do a quick tidy
□ wipe down
counters
□ set the mood in
your space
□ start a load of □



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# **Morning Routine Best Open Now**

**CSB Bibles by Holman** 

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**Teaching Life Differently** Judith (J.C.) Greeley, Melinda Doyle McCall, 2018-04-17 Children who are sighted learn concepts and gain experience through incidental learning the observation of events and interactions in their environment Students with visual impairment need to be systematically sequentially and concretely taught through hands on experiences Historically students got this learning through channels other than schools The teaching of recreation adaptive sports social life opportunities and career education require this specific systematic approach Individuals with vision impairment may also require specific interventions to learn independent living skills self advocacy and community relationships <u>Dimension</u> Phyllis Sinclair, 2015-11-03 Short story description A paranormal story about astral travel or out of body travel Spirit guides and guardian angels Spiritual dimensions above and beyond Earth and reincarnation Be You, Be Great! -Unleash Your Unique Gift Of Greatness Within You Antonio Edwards, 2015-08-28 Be You Be Great will go deep into helping you find your purpose along with your gift or gifts maybe you never knew were sitting right there inside of you This book will help you distinguish the types of relationships that could be either flourishing your greatness or harming your greatness all the way to helping you determine what cords are attached to you holding you back and what enemies aside from people you could be sleeping with Be You Be Great is designed to help you unleash your own unique greatness through helping you find your gift give you more clarity more focus more power in your everyday life and most importantly more Pisces (Super Horoscopes 2011) Margarete Beim, 2010-07-06 The most comprehensive day by day freedom for yourself predictions on the market Every day people depend on their horoscopes for a glimpse of what s to come and Berkley s Super Horoscopes offer the predictions that readers are searching for With special sections on the history and uses of astrology these updated books will reveal exactly what the future holds Each sign includes Detailed yearly and daily forecasts Rising signs Lucky numbers Cusp born and cusp dates Signs of the zodiac Character analysis Love romance and marriage compatibility guide Moon tables Planting and fishing guides Influence of the Sun Moon and planets Famous personalities

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