## 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. C. Back
- 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 □



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 Buy Online**

**SB Merriam** 

**Morning Routine Buy Online:** 

#### Morning Routine Buy Online Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has be more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Morning Routine Buy Online**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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