

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

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Engineers Club of Philadelphia



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Morning Routines Mira Skylark, AI, 2025-03-06 Morning Routines explores how a structured start to the day can significantly boost productivity enhance mental well being and improve physical health The book argues that a consistent personalized morning routine incorporating elements like mindful hygiene proper nutrition and energizing movement is a proactive strategy against daily stress It delves into the science and psychology behind habit formation and the circadian rhythm illustrating how deliberate choices made in the first few hours after waking can dramatically influence energy levels focus and overall mood One intriguing insight is the connection between morning activity and physiological regulation which impacts mood and focus throughout the day The book s unique value lies in its emphasis on individualization encouraging readers to adapt routines to their specific needs and preferences rather than offering a one size fits all solution Morning Routines progresses from foundational principles and sleep science to specific strategies for designing personalized routines including optimizing sleep incorporating exercise and mastering mindful practices It culminates in a practical guide to implementation and maintenance addressing common obstacles and offering tailored solutions for personal development and overall wellness Federal Register ,1994 *The Postal Record* ,1908 **American Illustrated Magazine** ,1926

Machinists Monthly Journal ,1903 Vols 42 57 1930 45 include separately paged reports of secretary treasurer auditor roster of officials and other documents dealing with the activities of the association **The Review of Reviews** William Thomas Stead,1892 **Journal of the Engineers' Club of Philadelphia and Affiliated Societies** ,1919 *The Journal of the Engineers' Club of Philadelphia and Affiliated Societies* ,1919 *The Journal of the Engineers' Club of Philadelphia and Affiliated Societies* Engineers Club of Philadelphia,1919 Calcutta Review ,1921 **Electrical Review and Western Electrician with which is Consolidated Electrocraft** ,1915 **All the Year Round** ,1884 **Good Housekeeping** ,1921 **The Winged Foot** ,1918 The International Operating Engineer ,1927 Practical Farmer ,1916

Scribner's Magazine Edward Livermore Burlingame,Robert Bridges,Alfred Sheppard Dashiell,Harlan Logan,1901

Mouth Hygiene, a Course of Instruction for Dental Hygienists Alfred Civilion Fones,1916 *Reports and Minutes of Evidence* Great Britain. Royal Commission on the Poor Laws and Relief of Distress,1910 School Health News New York (N.Y.). Department of Health. Bureau of Public Health Education,1920

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