

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 This Week Returns

Ying-Ying Zheng



Morning Routine This Week Returns:

Whispering the Secrets of Language: An Psychological Journey through **Morning Routine This Week Returns**

In a digitally-driven world wherever monitors reign supreme and quick conversation drowns out the subtleties of language, the profound techniques and emotional nuances concealed within phrases often go unheard. However, situated within the pages of **Morning Routine This Week Returns** a captivating literary value sporting with raw feelings, lies a fantastic journey waiting to be undertaken. Composed by a skilled wordsmith, that charming opus encourages readers on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within the very fabric of each word. Within the psychological depths of the emotional evaluation, we can embark upon a genuine exploration of the book is key subjects, dissect its charming writing design, and yield to the effective resonance it evokes strong within the recesses of readers hearts.

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