## 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 Same Day Delivery Warranty**

**Burrhus Frederic Skinner** 

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