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 □



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 Month

Tobias Bleicker

Morning Routine This Month:

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through Morning Routine This Month

In a global inundated with screens and the cacophony of instantaneous conversation, the profound power and psychological resonance of verbal beauty frequently diminish in to obscurity, eclipsed by the regular assault of noise and distractions. Yet, set within the musical pages of **Morning Routine This Month**, a captivating function of fictional beauty that impulses with fresh feelings, lies an unforgettable journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that magical opus guides viewers on a psychological odyssey, gently exposing the latent possible and profound influence stuck within the complicated internet of language. Within the heart-wrenching expanse of the evocative examination, we shall embark upon an introspective exploration of the book is central subjects, dissect their fascinating writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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