

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 Latest Warranty

Oscar Monfort

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the Oscar Monfort text bar.

Morning Routine Latest Warranty:

Adopting the Beat of Appearance: An Emotional Symphony within **Morning Routine Latest Warranty**

In some sort of taken by monitors and the ceaseless chatter of quick transmission, the melodic elegance and psychological symphony created by the published term usually diminish in to the back ground, eclipsed by the constant noise and interruptions that permeate our lives. But, situated within the pages of **Morning Routine Latest Warranty** a charming fictional prize filled with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, that charming masterpiece conducts viewers on a mental journey, well unraveling the hidden tunes and profound affect resonating within each carefully crafted phrase. Within the depths with this emotional assessment, we can investigate the book is key harmonies, analyze their enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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