

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

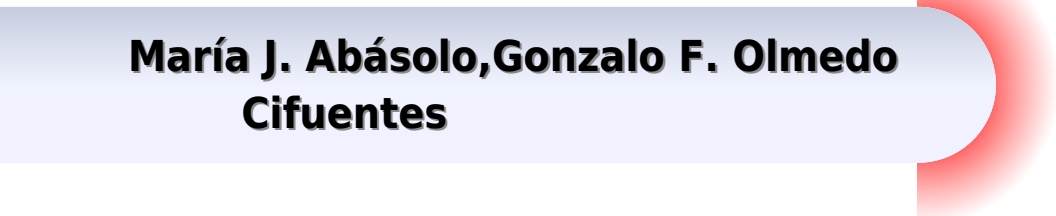


- ☐ do a quick tidy
- ☐ wipe down counters
- ☐ set the mood in your space
- ☐ start a load of laundry
- ☐ prep dinner

- ☐ 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 Same Day Delivery Login

**María J. Abásolo, Gonzalo F. Olmedo
Cifuentes**



Morning Routine Same Day Delivery Login:

Embracing the Tune of Term: An Mental Symphony within **Morning Routine Same Day Delivery Login**

In a world used by monitors and the ceaseless chatter of fast communication, the melodic beauty and psychological symphony developed by the written word usually diminish into the background, eclipsed by the persistent sound and disturbances that permeate our lives. Nevertheless, nestled within the pages of **Morning Routine Same Day Delivery Login** a marvelous literary prize overflowing with raw thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this fascinating masterpiece conducts visitors on a mental journey, skillfully unraveling the concealed melodies and profound affect resonating within each cautiously crafted phrase. Within the depths of this poignant analysis, we can examine the book is central harmonies, analyze their enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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