



thirty five

morning routine ideas

to help kick the snooze habit

1. Journal.
2. Use positive affirmations.
3. Practice gratitude.
4. Visualise your perfect day.
5. Meditate.
6. Exercise.
7. Practice yoga.
8. Deep breathing exercises.
9. Miracle Morning SAVERS.
10. Listen to music.
11. Read.
12. Do some colouring.
13. Listen to an audiobook.
14. Listen to a podcast.
15. Drink a glass of water.
16. Enjoy a mindful cup of tea.
17. Eat a healthy breakfast.
18. Use essential oils.
19. Have a social media detox.
20. Check your calendar.
21. Write down your top 3 tasks.
22. Make a list.
23. Focus on your personal growth.
24. Plan out a goal.
25. Check-in on your finances.
26. Track your spending.
27. Complete a 5-minute task.
28. Put on a load of laundry.
29. Take dinner out the freezer.
30. Put dinner in the slow cooker.
31. Plan your meals.
32. Write your shopping list.
33. Go for a walk.
34. Hug your kids.
35. Send a good morning text.



Morning Routine Ideas

WJ Hussar



Morning Routine Ideas:

Whispering the Techniques of Language: An Mental Journey through **Morning Routine Ideas**

In a digitally-driven world wherever screens reign supreme and immediate transmission drowns out the subtleties of language, the profound strategies and emotional subtleties hidden within phrases frequently move unheard. Yet, situated within the pages of **Morning Routine Ideas** a interesting fictional treasure pulsating with natural thoughts, lies an extraordinary quest waiting to be undertaken. Published by an experienced wordsmith, that wonderful opus attracts readers on an introspective journey, gently unraveling the veiled truths and profound influence resonating within the very material of each and every word. Within the psychological depths of the poignant review, we shall embark upon a heartfelt exploration of the book's primary themes, dissect its charming writing model, and fail to the powerful resonance it evokes heavy within the recesses of readers hearts.

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