



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

Luke Cross



Morning Routine Ideas:

Enjoying the Melody of Phrase: An Psychological Symphony within **Morning Routine Ideas**

In some sort of used by screens and the ceaseless chatter of fast conversation, the melodic beauty and emotional symphony created by the published term frequently fade in to the background, eclipsed by the persistent sound and distractions that permeate our lives. Nevertheless, set within the pages of **Morning Routine Ideas** a marvelous literary value full of raw emotions, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, that fascinating masterpiece conducts readers on an emotional trip, well unraveling the concealed melodies and profound affect resonating within each cautiously constructed phrase. Within the depths of this poignant review, we can discover the book is central harmonies, analyze their enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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