

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 Top Open Now

Wolfgang Guggemos

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Morning Routine Top Open Now:

The Top Dimension Phyllis Sinclair, 2015-11-03 Short story description A paranormal story about astral travel or out of body travel Spirit guides and guardian angels Spiritual dimensions above and beyond Earth and reincarnation **The Best You Journal** Jack Walton, 2020-08-30 Following on from Jack's debut book Being The Best You in 2019 he now brings you the follow on to this in The Best You Journal a book journal all rolled into one filled with Jack's very own tried tested methods to help you feel think be your very best self Within the journal you'll be guided through the 4 key areas to helping you achieve this Setting individual goals for your needs Developing a self care practice Transforming your current morning routine Discovering the simplicity of spirituality Once you've gained Jack's wisdom it's then over to YOU Within the journal section you'll find empty pages just waiting to be filled where you'll get to Set monthly targets reflect on the month plan your own morning routine complete gratitude lists set powerful affirmations and speak about what's bothering you There isn't a right or wrong way to use The Best You Journal it's been created with this in mind is totally personalised to your own needs Fill these pages however you wish read the advice or jump straight into the good stuff are YOU ready to discover the tools you need to live your very best life The Best You Journal is one of the most effective simple and supportive journals out there Jack addresses four key components to becoming the best version of you while equipping you with profound tools techniques and insights along the way What I loved most about the journal is now Jack's warm compassionate and caring nature can be felt through every word letting you know that you are not stepping into this journey alone I couldn't recommend this journal more to anyone who is looking for a practical yet powerful way to transform every area of their life Olly Sheehan The Mind Coach **Murder by Masquerade** Camden Wyatt, Ralph Schofield, 2013 Murder by Masquerade by Camden Wyatt Lust betrayal revenge and murder It's Hollywood and it's where acting out non truths on a daily basis is ordinary and where relationships and the crimes of doomed relationships are never what they seem Hollywood's leading man has tragically given his last performance falling to his death in front of hundreds of witnesses on the movie set of Sweet Sherry South The entertainment world is stunned fans are overcome with grief and the funeral is grandiose and memorable But for Lacey Sills doubts arise and she shares her sensational often unbelievable tale with Detectives Zoe Burns and Axel Hawk who set out to investigate the death and in the process discover one of Hollywood's darkest hidden secrets The investigation quickly leads them into the shadowy recesses of Hollywood revealing a vile creature who is totally disguised and hidden by the infamy of the industry itself And now it has emerged to do battle with Axel and Zoe Good versus evil friendship versus narcissism sacrifice versus greed Are the charismatic and sympathetic heroes a match for their heinous opponent Be You, Be Great! - Unleash Your Unique Gift Of Greatness Within You Antonio Edwards, 2015-08-28 Be You Be Great will go deep into helping you find your purpose along with your gift or gifts maybe you never knew were sitting right there inside of you This book will help you distinguish the types of relationships that could be either flourishing your greatness or harming your greatness all

the way to helping you determine what cords are attached to you holding you back and what enemies aside from people you could be sleeping with Be You Be Great is designed to help you unleash your own unique greatness through helping you find your gift give you more clarity more focus more power in your everyday life and most importantly more freedom for yourself

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The Best Golf Stories Ever Told Julie Ganz, 2013-06-01 This book is a comprehensive collection of stories each of which captures a different facet of the game of golf Some of the best golfers in the history of the sport as well as those who have established themselves as aficionados through their writing or commentary all offer their stories from both

on and off the course Together they articulate the passion as well as the frustrations behind one of the world s most popular sports The Best Golf Stories Ever Told is a book for golf fans and players alike who share a love for the game This is part of the well established The Best Stories series of books each of which is selectively edited and handcrafted to include only the best stories from the best writers of the genre What other people may find in poetry or art museums I find in the flight of a good drive Arnold Palmer Skyhorse Publishing as well as our Sports Publishing imprint is proud to publish a broad range of books for readers interested in sports books about baseball pro football college football pro and college basketball hockey or soccer we have a book about your sport or your team In addition to books on popular team sports we also publish books for a wide variety of athletes and sports enthusiasts including books on running cycling horseback riding swimming tennis martial arts golf camping hiking aviation boating and so much more While not every title we publish becomes a New York Times bestseller or a national bestseller we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home

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1973-1974 Otis L. Guernsey,1974 **Yoga Cures (Enhanced Edition)** Tara Stiles,2012-04-03 With over 50 videos demonstrating yoga practices to treat your most common aches and pains this enhanced edition brings the teachings of instructor Tara Stiles to life Do you have a headache PMS Cellulite Shin splints A broken heart Or do you just need to chill the out There s a yoga cure for each of these things In Yoga Cures Tara Stiles owner of Strala Yoga in Manhattan offers an A to Z guide of the poses you can do to target specific problems in your body and get you feeling better right away Using the fun fresh approach to yoga she is known for Stiles takes on more than 50 common conditions ranging from arthritis and fibromyalgia to jiggy thighs and hangovers Through a simple sequence of poses for each suitable for the beginner through the advanced practitioner she provides smart remedies that will keep you healthy and happy This deluxe edition includes video footage of Stiles demonstrating and narrating the sequence of poses that comprises each cure so that you can starting practicing at home today

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0974998605 ; ISBN-13: 9780974998602.