



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

Benjamin Spall, Michael Xander



Morning Routine Ideas:

Morning Routine Ideas Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Morning Routine Ideas**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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