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# 75 MORNING ROUTINE ideas for you

- 1. Take a shower.
- 2. Massage your muscles.
- Go for a run/walk.
- 4. Do some facial exercises.
- Take vitamins.
- 6. Smile to yourself in the mirror.
- Meditate.
- 8. Write down affirmations.
- 9. Do visualization (Law of Attraction).
- 10. Say good morning to someone.
- 11. List out the day's goals.
- 12. Listen to a motivating podcast.
- 13. Listen to an audiobook.
- 14. Call a friend/family member.
- 15. Try a new breakfast recipe.
- 16. Organize your desk.
- 17. Watch the sunrise.
- 18. Make your room smell good.
- 19. Write a todo list.
- 20. Write a not todo list.
- 21. Track and limit your screen time.
- Check and respond to emails.
- 23. Preview the day's schoolwork.
- 24. Memorize a new vocabulary word.
- 25. Do a few practice problems.
- 26. Check and track your grades.

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