

Morning Routine Checklist

44 ideas to help you create a plan you'll stick to

waking up



- 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

body



- 5 min stretch
- walk
- workout
- take vitamins
- make a healthy breakfast
- yoga
- put on a face masque
- cold exposure

mind



- 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

getting ready



- take a shower
- wash face
- style hair
- apply makeup
- put on an outfit you feel good in
- put on sunscreen
- brush teeth
- floss

home



- do a quick tidy
- wipe down counters
- set the mood in your space
- start a load of laundry
- prep dinner

Morning Routine Best Open Now

Chidozie Oparanozie



Morning Routine Best Open Now:

How To Master Your Morning Routine Chidozie Oparanozie, Your mornings are the most important part of the day The way you start your day can catapult you into a great day or a mediocre one It s important to have a morning routine In this course we will discover the best morning routine and learn how to stick to the routine each day The mind is in a sensitive state when you first awake Let s make sure you start the day off right 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 **Teaching Life Differently** Judith (J.C.) Greeley,Melinda Doyle McCall,2018-04-17 Children who are sighted learn concepts and gain experience through incidental learning the observation of events and interactions in their environment Students with visual impairment need to be systematically sequentially and concretely taught through hands on experiences Historically students got this learning through channels other than schools The teaching of recreation adaptive sports social life opportunities and career education require this specific systematic approach Individuals with vision impairment may also require specific interventions to learn independent living skills self advocacy and community relationships *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 **Back From the Future** Brad Gilmore,2020-04-14 The ultimate guide to the classic time travel trilogy by the host of Back to the Future The Podcast Great Scott this is a must read Ken Napzak author of Why We Love Star Wars The Back to the Future series of films is in a word timeless From the original films to spin off cartoons toys and more generations of fans never seem to get enough of Marty McFly Doc Brown and their adventures through the space time continuum In this celebration of all things Back to the Future author Brad Gilmore discusses the films the fascinating history behind them and why they mean so much to so many Pairing his knowledge with his passion for the films Gilmore explores aspects and movie trivia you won t hear about anywhere else He dives into fan theories and provides answers to many questions readers have because as a superfan himself they are the very questions he has asked himself This volume features Completed timelines of all the main characters from the franchise In depth studies of various Back to the Future fan theories that will surprise and intrigue you A detailed comparison of the films predictions of the future to our world today **Bandmaster** ,1929 *The Garden* ,1880 **Popular Science** ,1923-03 Popular Science gives our readers the information and tools to improve their technology and their world The core

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