



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

Albert A Gayle



Morning Routine Ideas:

Whispering the Strategies of Language: An Psychological Quest through **Morning Routine Ideas**

In a digitally-driven world wherever displays reign great and quick interaction drowns out the subtleties of language, the profound secrets and emotional subtleties concealed within phrases usually go unheard. Yet, set within the pages of **Morning Routine Ideas** a interesting literary treasure pulsating with raw thoughts, lies a fantastic journey waiting to be undertaken. Published by an experienced wordsmith, this charming opus invites viewers on an introspective trip, softly unraveling the veiled truths and profound affect resonating within the fabric of each word. Within the psychological depths of the touching evaluation, we can embark upon a heartfelt exploration of the book is primary subjects, dissect its interesting publishing model, and succumb to the powerful resonance it evokes heavy within the recesses of readers hearts.

<http://nevis.hu/data/uploaded-files/Documents/meal%20prep%20ideas%20compare.pdf>

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