

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 Review Open Now

A Gutmann



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The Review of Reviews William Thomas Stead, 1895 **The Review of reviews** ,1891 Back To School 2016 Edition - The Raven Review The Raven Review, American Monthly Review of Reviews Albert Shaw, 1892 The Review of Reviews Albert Shaw, 1893 *Shield of Justice* Radclyffe, 2005-09-01 First in the Justice Series Special Crimes Unit investigator Detective Sergeant Rebecca Frye is attempting to solve a series of sexual assaults and running into dead ends at every turn Finally she has a break in the case a witness one person who may help her bring a madman to justice But the witness is a victim herself and Rebecca must convince the injured woman s physician Dr Catherine Rawlings to assist her a task that will force both women to confront their own darkest fears Amidst professional conflicts and a growing mutual attraction the two women become reluctant allies in the battle to stop the perpetrator before he strikes again Unitarian Review and Religious Magazine ,1885 *Ventures Level 1 Teacher's Edition with Assessment Audio CD/CD-ROM* Gretchen Bitterlin, 2013-07-12 *Ventures* 2nd Edition is a six level standards based ESL series for adult education ESL The *Ventures* 2nd Edition interleaved Level 1 Teacher s Edition includes easy to follow lesson plans for every unit It offers tips and suggestions for addressing common areas of difficulty for students as well as suggested expansion activities for improving learner persistence The Teacher s Edition also explains where to find additional practice in other *Ventures* components such as the Workbook Online Teacher s Resource Room and Student Arcade Multi skill unit midterm and final tests are found in the back of the Teacher s Edition Also includes an Assessment CD CD ROM which contains audio for each test as well as all the tests in a customizable format **Blood Upon the Sands** Sheldon Charles, 2019-04-14 Can an American journalist and a Kuwaiti horse breeder unravel a sadistic mercenary s conspiracy before he brings bloodshed and violence against a stateless discriminated population Writer Evan Davis is back in *Blood Upon the Sands* a political thriller from bestselling author Sheldon Charles This time work takes him to Kuwait under the patronage of affluent horse breeder Hamad Al Bourisli Hired to write about modern culture in Kuwait he finds his calling in the work as well as kinship with Hamad and intimacy with his beautiful cultural liaison Najila When reports and documents are left anonymously in his room Evan discovers disturbing truths about the stateless Bedoon population Since the earliest days of the country s independence they ve faced underlying long term discrimination from the Kuwaiti government which has been largely hidden and ignored for decades Meanwhile Maksim Bondreovich an ex KGB agent turned mercenary begins manipulating the political climate in Kuwait to influence public opinion further against the Bedoon Under the codename Shaytan he spreads terror and chaos across the country while framing Bedoon citizens for the atrocities Time is running out before Shaytan makes his biggest play yet bombing the Hotel Sultana and placing the blame solely on the disenfranchised Bedoon population As rising racism and public dissent become more obvious will Evan go against his friend and employer to see the truth come to light As the narrative weaves real world history and current events seamlessly into an action thriller *Blood Upon the Sands* is a gripping story of good men fighting to

reveal truth amid rising chaos and hate *Unitarian Review and Religious Magazine* Charles Lowe, Henry Wilder Foote, John Hopkins Morison, Henry H. Barber, James De Normandie, Joseph Henry Allen, 1885 *The Unitarian Review and Religious Magazine* Charles Lowe, Henry Wilder Foote, John Hopkins Morison, Henry H. Barber, James De Normandie, 1885

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