

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 Same Day Delivery Setup

Clifford Lane



Morning Routine Same Day Delivery Setup:

Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Morning Routine Same Day Delivery Setup**

In a global inundated with monitors and the cacophony of quick communication, the profound power and mental resonance of verbal beauty frequently diminish in to obscurity, eclipsed by the constant assault of noise and distractions. Yet, located within the lyrical pages of **Morning Routine Same Day Delivery Setup**, a interesting work of literary brilliance that impulses with raw thoughts, lies an wonderful trip waiting to be embarked upon. Composed by a virtuoso wordsmith, this enchanting opus courses readers on an emotional odyssey, softly exposing the latent potential and profound impact embedded within the delicate internet of language. Within the heart-wrenching expanse of the evocative analysis, we shall embark upon an introspective exploration of the book is main themes, dissect its charming publishing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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Morning Routine Same Day Delivery Setup Introduction

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