

# 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 Latest Tutorial

**Mark Steyvers**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name Mark Steyvers.

## **Morning Routine Latest Tutorial:**

**A Practical Guide to Head Injury Rehabilitation** Michael D. Wesolowski, Arnie H. Zencius, 1994 The current volume applies behavioral techniques to the inpatient postacute rehabilitation of patients who have suffered traumatic brain injury The authors detail new procedures to alleviate cognitive and behavioral problems and discuss ways to integrate the client his or her family and professionals in the rehabilitation process Clinicians will find the work a unique well rounded guidebook

The New Lawyer, 3rd Edition Nickolas James, Rachael Field, Jackson Walkden-Brown, 2023-10-23 The New Lawyer 3rd Edition has been updated to ensure that first year law students do not feel overwhelmed by the transition to law school This book addresses the law Threshold Learning Outcomes TLOs and outlines what students should know understand and be able to do at the conclusion of their first year of study

**Writing Clean Code Step by Step: A Practical Guide with Examples** William E. Clark, 2025-04-19 Writing Clean Code Step by Step A Practical Guide with Examples provides a clear and structured roadmap for developing high quality software from the ground up Covering fundamental programming concepts essential coding principles and industry best practices this book is tailored for both beginners and those seeking to reinforce the foundations of clean coding Each chapter delivers concise explanations actionable advice and practical examples that foster an understanding of how to write code that is readable reliable and maintainable The book's content spans the full software development workflow including project organization effective naming conventions modular design robust error handling and defensible data management Readers learn how to structure projects logically adopt naming practices that enhance clarity implement systematic testing strategies and employ safe refactoring methods Critical concepts such as encapsulation immutability and defensive programming are presented in detail to build confidence in addressing real world development challenges By following this guide readers will acquire a comprehensive toolkit for producing clear and well organized code minimizing errors and facilitating collaboration within development teams Emphasis is placed on long term code quality enabling developers to build software that stands up to ongoing change and adaptation Whether entering the field or striving to establish best practices readers will emerge with a practical understanding of how to continually improve their codebases and contribute meaningfully to any software project

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