

75 MORNING ROUTINE *ideas for you*

1. Take a shower.
2. Massage your muscles.
3. Go for a run/walk.
4. Do some facial exercises.
5. Take vitamins.
6. Smile to yourself in the mirror.
7. Meditate.
8. Write down affirmations.
9. Do visualization (Law of Attraction).
10. Say good morning to someone.
11. List out the day's goals.
12. Listen to a motivating podcast.
13. Listen to an audiobook.
14. Call a friend/family member.
15. Try a new breakfast recipe.
16. Organize your desk.
17. Watch the sunrise.
18. Make your room smell good.
19. Write a todo list.
20. Write a not todo list.
21. Track and limit your screen time.
22. Check and respond to emails.
23. Preview the day's schoolwork.
24. Memorize a new vocabulary word.
25. Do a few practice problems.
26. Check and track your grades.

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Morning Routine Tips Setup

Joyce I. Anderson

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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drudgeries of housework and lead children to value life skills necessary for their futures Through chores skills such as cooperation planning ahead managing money and contribution are learned More than 30% new material will appear in this 2nd ed

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