

# Morning Routine Checklist

44 ideas to help you create a plan you'll stick to

## waking up



- 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

## getting ready

- take a shower
- wash face
- style hair
- apply makeup
- put on an outfit you feel good in
- put on sunscreen
- brush teeth
- floss

## body



- 5 min stretch
- walk
- workout
- take vitamins
- make a healthy breakfast
- yoga
- put on a face masque
- cold exposure

## home



- do a quick tidy
- wipe down counters
- set the mood in your space
- start a load of laundry
- prep dinner

## mind



- 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 This Month

**Indiana State Board of Health**

## **Morning Routine This Month:**

**Routines: How to Create the Ultimate Daily Routine for More Energy (The Essential Guide to Creating Your Personal Morning Routine That Will Actually Work)** Kevin Ramirez, 2015-08-01 You're about to discover how to start your morning with a routine similar to the morning routines of some of the most successful people on earth. This book promises to train you and give you an insight into why most successful people are successful based on what they do after waking up in the morning. So sit back and enjoy a fun, educating and motivational time with this book to improve your life and set you on the right path to success in life. You'll uncover inside this remarkable guide Simple techniques to kickstart organization without feeling overwhelmed. Daily habits that build and sustain your organizational progress. Adhd friendly task prioritization methods that clear mental clutter. Scientific insights into the adhd brain to harness your unique abilities. Comprehensive digital decluttering tips to create a serene virtual space. Practical time management techniques like the pomodoro and time boxing. Room by room guides for personalized strategies tailored to every space in your life. This exercise routine includes different methods such as sets and reps supersets split routines and circuit training each explained in detail. After progressing through the weeks you may find that you vibe with a certain style of training more than another. With the blank routine cards included and the knowledge of the training you can create your own path in the future.

**The Month**, 1896

Lippincott's Monthly Magazine, 1914    **Seven Months with Mahatma Gandhi** Charuchandra Guha, 1928    **Health**

**Trackers** Richard MacManus, 2015-08-01 New consumer technology is empowering us to take control of our day to day health. Leading tech writer Richard MacManus looks at what is out there now and what is in development and what this might mean for our health in the future. **Health Trackers** tells the story of the rise of self tracking the practice of measuring and monitoring one's health activities or diet. Thanks to new technologies such as smartphone apps and personal genomics self tracking is revolutionizing the health and wellness industries. Through interviews with tech developers early adopters and medical practitioners Richard MacManus explores what is being tracked what tools and techniques are being used the best practices of early adopters and how self tracking is changing healthcare. The first eight chapters focus on a particular type of or approach to self tracking for example diet daily activity and genetics. The final two chapters look at how the medical establishment is adopting and adapting to self tracking. This timely book covers technologies still early in their evolution but poised to go mainstream and rather than look at how to use specific gadgets it focuses on the philosophy and usefulness of self tracking in its many forms. Many of us are curious about it but don't understand the benefits and sometimes risks of these tools and practices. With no comparable book on the market **Trackers** is the first to focus on consumer technologies and to help ordinary people negotiate the new health landscape.

The Ohio Educational Monthly, 1919    **The Hahnemannian**

**Monthly**, 1898    **Stress Less, Weigh Less** Holly Mosier, 2011-06 Mosier shows us we do not need to make loss difficult we can eat the foods we love exercise smarter and get and maintain the body we always wanted by reducing stress the main

culprit in yo yo dieting belly fat and midlife weight gain      **Milk Plant Monthly** ,1913      **Monthly Bulletin** Indiana State Board of Health,1928      Ballou's Monthly Magazine ,1892      **Report of the Board of Trustees of the University of Illinois** University of Illinois (System). Board of Trustees,1890      **Report of the Board of Trustees** University of Illinois (Urbana-Champaign campus),1890      *Scribner's Monthly* ,1896      The Child; a Monthly Journal of Child Welfare David R. Blyth,1912      **Monthly Bulletin** New York (N.Y.). Department of Health,1922      **Jacobs' Band Monthly** ,1928      **The Smith College Monthly** ,1904      **Year's Progress in Solving Some Farm Problems of Illinois** University of Illinois at Urbana-Champaign. Agricultural Experiment Station,1888      *Recent Progress in Solving Some Farm Problems of Illinois* University of Illinois at Urbana-Champaign. Agricultural Experiment Station,1888

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