

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

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to economic success as a sign of election In order to observe this in action today it is crucial to consider the evolution that the Protestant ethic went through migrating first in north America and lastly through the Protestant revival of China Wenzhou is called Jerusalem of China for its large Protestant community that is also strongly involved in business Some scholar already pointed out the presence among those entrepreneurs of this Protestant ethic Yi Xiang Boss Christian The data presented in this comparative qualitative study pertain to ethnographic observations job shadowing and interviews done among Chinese Christian and non Christian entrepreneurs from Wenzhou living in Milan Italy The results show with some adjustments the presence of a Chinese version of the Protestant ethic overlapping with several values proper to the Chinese context Confucianism lineage social network The extension of the study to other cases must be done with caution considering the non causal justificatory role of the belief Regardless successful entrepreneurship involves specific social cultural and even religious aspects that move beyond mere business strategies

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