

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 Top Store Hours

Peipei Pang

Morning Routine Top Store Hours:

Top 10 Innovative Business Leaders to Follow in 2021 Tycoon Success,2021-12-08 Discover Top 10 Innovative Business Leaders to Follow in 2021 global community of independent business leaders **Hardware** ,1903 **The Grand Rapids Furniture Record** ,1918 **REA's Authoritative Guide to the Top 100 Careers to Year 2005** Research and Education Association,1997-01-01 This book provides current information on the top 100 careers Each career is described in detail including job duties training and education requirements salary projected job availability and related occupations It includes a special section on how to find a job write a resume and cover letter and provides tips for effective job interviews

Druggists Circular ,1924 *The Magazine of Business* ,1914 **A new German and English dictionary compiled from the best authorities** Karl Hermann Breul,1906 The Musician ,1917 **American Druggist** ,1911 *American Druggist and Pharmaceutical Record* ,1903 **The Business Hen (the Latest Hatch)** Herbert Winslow Collingwood,1910

System ,1919 **Working Mother** ,1995-04 The magazine that helps career moms balance their personal and professional lives **Business, the Magazine for Office, Store and Factory** ,1913 The Gardeners' Chronicle ,1906

The Lancet ,1898 **Shoe and Leather Journal** ,1902 **The Best Things in Life** Joseph Wechsberg,1964 Personal selection of some major and minor pleasures of life encompassing things as diverse as the adventure of walking through the Arlberg Tunnel to the joys of good eating **Business** ,1912 *The Business Education World* ,1930

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