

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

Sat Practice Morning Routine Today

JL Elias

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The Saturday Evening Post ,1929

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,1925 The Weekly Notes Frederick Pollock,1876 **SAT Exam Success in Only 6 Steps!** Celia Roebuck Reed,2003
Provides targeted practice to pass the exam and learn the study skills to keep on track and focused for success Candidates learn effective problem solving strategies for each type of math and verbal question on the exam along with complete lessons on how to tackle the six question types critical reading word analogy sentence completion five choice math quantitative comparison and grid in Elizabeth Towne's Experiences in Self-healing Elizabeth Towne,1905 *The Monthly Cyclopædia of Practical Medicine. V.1-21, V.22, No. 1-5, Aug. 1887-Apr. 1908 ,1889* Hospital Management ,1939 *The household oracle, ed. by A.H. Miles* Alfred Henry Miles,1897 **The Saturday Review of Politics, Literature, Science, Art, and Finance** ,1918 Saturday Review of Literature ,1926 *The Legal Advertiser ,1881-10* **Training College Returns** ,1888

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