

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

Early Access Deals Morning Routine Today

Rachel S Tattersall



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Everything for Her Alexa Riley, 2016-12-27 I devour every single delicious word Alexa Riley writes 1 New York Times and USA TODAY bestselling author Maya Banks New York Times bestselling author Alexa Riley's first full length novel shows just what happens when a strong possessive man finds the woman of his dreams I'll never forget the way she looked so confident and sure of herself I watched her from a distance She wasn't ready for me yet I didn't approach her and I didn't disturb her but I never once took my eyes off her Mallory Sullivan is ready to start her new life After graduating at the top of her class she's landed one of the most coveted internships in the United States Hard work and determination have gotten her to this moment of living the life she only dreamed of growing up in foster care From the start I knew that she would be my greatest achievement so the day I let her go I set down a path for her A path to me She never expected Oz to be the greatest culmination of those dreams But sometimes fate determines who you fall in love with Who makes you lose control Who owns your soul And then you realize it wasn't fate at all I've wanted to care for and protect her since the first moment I saw her I've constructed everything in our lives so that at the perfect moment I could have her could give her the life she deserves The time has come This book is approximately 97 000 words One click with confidence This title is part of the Carina Press

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