

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

Morning Routine Review Returns

Silas Mary



Morning Routine Review Returns:

The Review of Reviews William Thomas Stead, 1895 **The Review of Reviews** Albert Shaw, 1895 **American Monthly Review of Reviews** Albert Shaw, 1895 **The Review of reviews**, 1891 *The Administrative Dental Assistant - E-Book* Linda J. Gaylor, 2016-01-07

NEW Electronic content more comprehensively addresses the electronic health record EHR and the paperless dental office NEW Emphasis on 21st century job skills is seen throughout the book as chapters discuss the soft skills like work ethic collaboration professionalism social responsibility critical thinking and problem solving that dental assistants must possess NEW Career Ready Practice exercises are included at the end of each chapter asking readers to recall and assimilate information learned within the chapter and demonstrate its application in the dental office NEW Content updates include HIPAA changes insurance updates including the new claim form dental terminology overview new hazard communication procedures and more NEW Additional artwork incorporates new images focused on technology in the dental office and new paperless ways to manage the day to day functions

How to Build a Morning Routine That Sticks Naushad Sheikh, 2025-08-25

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Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Morning Routine Review Returns**

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