

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 Tricks Clearance

ML Morrison

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the ML Morrison text bar.

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The Pink Salt Trick Recipes for Weight Loss Abigail Douglas, 101-01-01 Are you tired of dieting and still gaining weight Struggling with belly fat cravings or fatigue that no workout or meal plan seems to fix You're not broken You're just missing the natural weight loss ritual your body was designed for and it starts with something as simple as pink salt Introducing *The Pink Salt Trick Recipes for Weight Loss* a groundbreaking holistic wellness guide created especially for women over 40 who are ready to stop the cycle of restriction shame and metabolic confusion This isn't a diet It's a 21 day hormone reset plan that uses pink salt for weight loss bloat relief adrenal recovery and mood support all without extreme workouts or complicated regimens If you've ever asked Why can't I lose belly fat over 40 you're not alone The truth is many women experience adrenal fatigue weight gain mineral imbalance and cravings and cortisol belly fat spikes during perimenopause and beyond This book offers a no diet weight loss plan that works with your hormones not against them Inside you'll discover The salt water flush for bloating that gently resets your gut and digestive system A full 21 day hormone reset calendar tailored to your energy mood and menstrual cycle Rituals to stop sugar cravings naturally and restore adrenal thyroid cortisol balance Quick recipes like the easy morning ritual to lose weight and night time salt infusions that promote sleep and fat burning A flexible anti-inflammatory weight loss guide that also acts as a natural remedy for PMS bloating and menopausal discomfort Strategic salt pairings that target everything from water retention to cravings including natural energy boosts for women How to use pink salt detox for belly fat alongside herbs adaptogens and functional foods A sustainable gentle detox that actually works no pills powders or food group eliminations Practical advice on how to reset hormones without pills while supporting your thyroid for weight loss This book was written for women asking bigger questions How can I feel lighter without starving What's a fat burning ritual without dieting that won't disrupt my day How do I balance my hormones naturally and feel calm in my own skin Whether you're navigating perimenopause weight gain struggling to stop sugar cravings naturally or just looking for a belly bloat remedy for women that doesn't involve another cleanse this book gives you the tools to reclaim your metabolism with rhythm not restriction With a unique blend of natural weight loss rituals salt based healing recipes and mindset shifts *The Pink Salt Trick* is more than a wellness guide it's a roadmap to becoming the most calm light and energized version of yourself It's time to nourish not deprive To reset not restrict Because when your minerals are balanced your hormones follow and weight loss becomes the side effect of healing not the goal

The Quiet Storm: A Man's Journey Through Depression and Anxiety Naman Singh Bhadouria ,2025-05-30 *The Quiet Storm* is a raw and powerful self help memoir that explores one man's silent struggle with depression and anxiety Through five deeply personal phases the author reveals how it feels to wear a mask of strength while battling invisible pain inside This is not a book of solutions but of truth about emotional numbness quiet breakdowns healing through vulnerability and rediscovering a new version of self It speaks directly to men who've been taught to hide their emotions and offers them permission to feel speak and heal

softly honestly and without shame For every man who s been silently fighting his own mind this book is your mirror your companion and your call to rise with grace not noise *Callsign Hades* Patrick Bury,2010-09-02 In summer 2006 Helmand Province erupted into violence as NATO forces struggled to crush Taliban strongholds For six weeks the Royal Irish Regiment and the Paras defended Sangin in the face of ever mounting attacks At this point young officer Patrick Bury was learning the trade of the infantry in the Brecon Beacons Paddy had always wanted to be a soldier a desire fraught with the contradictions of a complex history overridden by a warrior calling When he arrived in Afghanistan with 1stRoyal Irish he was surrounded by men oozing bloody combat experience This was not Sandhurst It was extreme violence and killing Hades Four One was his callsign and the infantry mantra rang in his ears To close and kill the enemy in all weather conditions in all terrain by day or night Over six months Paddy and his company dealt with over a hundred IEDs of which 60 exploded on them killing his comrades in the most vicious of ways and fuelling a sense of ever growing dissatisfaction in the young captain This powerful and thoughtful first hand account about the eternal truths of military life places the reader in Paddy s boots sharing every thought ache smell and taste of life on the frontline in Afghanistan He describes modern warfare in a way that creates an understanding of the myriad complexities soldiers are faced with the conditions in which they operate and the moral and emotional challenges they endure *Masters of Corruption* Mark Moyar,2024-05-21 An inside perspective of the federal bureaucracy with personal intrigue and prescriptions for future administrations In the United States you can elect any president you want but a small group of people you ve never heard of still run everything year after year administration after administration That s not democracy It s oligarchy and Mark Moyar explains exactly how it works Tucker Carlson This book tells a remarkable true story of bureaucratic assassination during the Trump presidency revealing in vivid detail how career federal employees thwarted President Trump s efforts to drain the swamp Mark Moyar a senior political appointee at the US Agency for International Development discovered evidence of corruption involving five career bureaucrats and reported it to agency officials in 2018 Senior bureaucrats orchestrated a sophisticated retaliatory plot which began when a Special Operations general fraudulently accused Moyar of divulging classified information and ended with the termination of Moyar s employment The bureau that Moyar had been on track to lead with an annual budget exceeding 300 million fell into the hands of one of his bureaucratic assassins The leading perpetrator of the corruption exposed by Moyar subsequently escaped punishment by transferring to another federal agency A multi agency cover up followed Moyar sought help from three Offices of the Inspector General the government s main bulwarks against whistleblower retaliation but all three conducted flimsy investigations that absolved the bureaucracy When Senator Charles Grassley demanded that agency officials fill the gaps in the government s story he was met with lies and evasions This suspense filled drama provides an insider s view of the federal bureaucracy s corruption its weaponization of bureaucratic procedures and its failures to protect employees from retaliation In telling his story Moyar reveals how future administrations can drain the swamp and draws a roadmap for the restoration

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