

82 Morning Routine Ideas

Waking Up

- Wake up at 5 a.m.
- Wake up at 6 a.m.
- Wake up at 7 a.m.
- Open the Window
- Splash Cold Water on your face
- Open drapes

Health

- Take Supplements
- Drink a Cup of Water
- Dance
- Do Breathing Exercises
- Take Dogs for a walk
- Yoga
- Exercise 15 Minutes
- Exercise 30 Minutes
- Exercise 45 Minutes
- Warm Up your Body
- Go to the Gym
- Eat a fruit
- Go for a Walk
- Cold Shower
- Healthy Smoothie
- Stretch
- Go Swimming

Mindfulness

- Journal
- Meditation
- Pray
- Avoid your phone
- Visualize your Goal
- Eat a healthy Breakfast
- Write down how you want to feel today
- Write down who you want to be today
- Self-Hypnosis
- Look at your Vision Board
- Write a thank you letter
- 5 Minute Writing
- Draw a doodle
- Positive Affirmations
- Recall your Dreams

Appearance and Hygiene

- Shower
- Wash
- Brush Teeth
- Floss
- Apply Makeup
- Dress Up
- Facemask
- Do Hair
- Get Dressed
- Apply Sunscreen

Social

- Message a Family Member
- Call a Family Member
- Spend Family Time
- Message a friend
- Call a friend
- Play with your Kid
- Social Media
- Do a Pedicure
- Play with your Pet

For the Brain

- Read an educational Book
- Read a Quote
- Watch motivational YouTube videos
- Learn sth. New
- Brain Exercises
- Listen to a TedTalk

Read a Poem

Brainstorm 10 Ideas

Comfort and Self-Care

- Drink a Cup of Tea
- Drink a Cup of Coffee
- Listen to an Audiobook

- Read a fun Book
- Take a Bath
- Read a Blog

- Do your Nails
- Pack a Meal
- Listen to Music

Tidiness

- Make my Bed
- Tidy for 5 Minutes

- Do the Laundry
- Water the Plants

- Declutter

Productivity

- Write a To Do List
- Review To-Do List
- Learn Something New

- Start with the worst task
- Write a Budget plan
- Review your Budget

- Reply to E-Mails

My Ideal Morning Routine
