

# Daily Routine Verbs

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- Wake up
- Brush
- Shower
- Get dressed
- Eat
- Commute
- Attend
- Work
- Take breaks
- Stretch
- Exercise
- Have a snack
- Check
- Respond
- Watch
- Listen
- Read
- Write
- Cook
- Clean
- Eat a snack
- Attend a networking event
- Create a presentation
- Walk the dog
- Have a date night
- Nap
- Wash dishes
- Practice a foreign language
- Attend
- Vacuum or sweep
- Practice an instrument
- Plan
- Watch a sunset
- Hang up clothes
- Paint a room
- Do a puzzle
- Watch
- Attend a training session
- Attend
- Take a dance class

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- Write a to-do list
- Listen to audiobooks
- Check off completed tasks
- Collaborate
- Cook a special meal
- Meditate
- Drink water
- Research a topic
- Take medication
- Water the plants
- Relax
- Shop for clothes
- Attend a class or workshop
- Unwind with a hobby
- Practice breathing exercises
- Take a break outside
- Wind down
- Send a text message
- Travel
- Visit a religious institution
- Donate to a charity
- Go for
- Style hair
- Host visitors
- Take a phone call
- Attend a meeting
- Go on a bike ride
- Iron clothes
- Take out the trash
- Apply makeup
- Wake up in the middle of the night
- Go to bed
- Solve
- Clean the bathroom
- Go for a run
- Brainstorm new ideas
- Read a poem
- Read a newspaper
- Organize a space
- Take a coffee break



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- Do a crossword puzzle
- Reflect on the day
- Listen to a motivational speech
- Track expenses
- Do the grocery shopping
- Clean up after a meal
- Reflect on personal values
- Review
- Attend a concert
- Pay
- Attend a party
- Rest
- Go
- Watch a sports game
- Attend
- Visit a museum
- Take public transportation
- Check the news
- Stretch before bed
- Practice public speaking
- Create art
- Spend time
- Write a love letter
- Make a phone call
- Play
- Review a document
- Study
- Go for a swim
- Take care of
- Drive to work
- Exercise the mind
- Browse
- Take a photo
- Learn
- Watch a documentary
- Attend a political rally
- Volunteer
- Participate
- Volunteer at a shelter
- Advocate for a cause



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- Watch
- Call a loved one
- Engage
- Do
- Pray or meditate with a group
- Drink tea
- Attend
- Make the bed
- Do yard work
- Chat with friends
- Use aromatherapy
- Read to a child
- Use the restroom
- Brush hair
- Plan a vacation
- Experiment with a recipe
- Pack a lunch
- Lift weights
- Share a meal
- Do laundry
- Work on a DIY project
- Watch the sunset
- Collaborate with team members
- Give
- Complete a project
- Dream
- Put on makeup
- Go for a hike
- Schedule appointments
- Journal