Daily Routine Verbs

- 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
Daily Routine Verbs

- 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
Daily Routine Verbs

- 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
Daily Routine Verbs

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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