

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

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Ying Liu



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Our Migrant Shorebirds in Southern South America Alexander Wetmore, 1928 *Scientific American*, 1899 ... and Deliver Us from Evil Mya Brooks, 2016-06-25 It takes a relationship to cause trauma it takes a relationship to heal from trauma This statement proved to be true for Mya Mya a black sheep of the family often created family within her small social circle she lived a decent life until one day she believed that she heard the voice of God call out to her to change her life When she found out that her first cousin had started a church she saw it as an opportunity to obey God and connect with her family She d later learn that her cousin a cult leader would lead her down a dark path And Deliver Us from Evil is a memoir of her journey

How to Start-up Mehmet Erdem, Markus Fahringer, Katharina Geweßler, David Gloser, David Haller, Thomas In der Maur, Stefan Köppl, Monika Köppl-Turyna, Anja Ludwig, Bianca Mantsch, Christoph Puchner, Iris Reiß, Maria Sablatnig, Firas Saedaddin, Lukas Sprenger, Georg Streit, 2024-12-18 Start up aber richtig Gründung und Fortführung eines Start ups werfen mannigfaltige Fragen auf Neben rechtlichen Aspekten sehen sich viele Gründerinnen mit wirtschaftlichen Fragestellungen und zahlreichen anderen Themen konfrontiert deren Aufarbeitung viel Expertise und Praxiserfahrung bedarf Diesem Umstand trägt das Buch Rechnung Umfassend und anschaulich werden die zentralen Fragen rund um Gründung und Fortbestand eines Start ups beantwortet Von einem namhaften Expertenteam aus der Praxis werden folgende Themen verständlich aufbereitet Wahl der Gesellschaftsform Gesellschaftsvertrag Mitarbeiterbeteiligung Tax Compliance Beschäftigung von Mitarbeiterinnen Businessplan Förderungen Eigenkapital und Investorinnen Marketing Skalierung Wachstum und Verkauf Abgerundet wird der praktische Leitfaden durch persönliche Erfahrungsberichte erfolgreicher Gründerinnen

Industrial Engineering George Worthington, 1899 Year Of The Rat Jorah Kai, 2023-02-01 THE YEAR OF THE METAL RAT 2020 was a time of panic uncertainty and great division CHINA VIETNAM CANADA SAUDI ARABIA ITALY ARGENTINA AMERICA JAPAN AUSTRALIA PHILIPPINES NETHERLANDS GUATEMALA UGANDA THE U K SINGAPORE RUSSIA As the pandemic spread some wore masks and socially distanced to protect the vulnerable while others protested all public health measures as a form of tyranny and caused loud and obnoxious mass disruptions to critical infrastructure in a jarring display of personal freedom Fake news and echo chambers enabled alternative facts while unhinged narratives and cartoonish conspiracies ran rampant often trumping coverage of legitimate and existential converging catastrophes In YEAR OF THE RAT the sequel to the international best seller The Invisible War Kai's Diary Jorah Kai documents the world's largest Zero Covid bubble while the outside world handles the pandemic uniquely Reaching out to friends across the globe he weaves their stories together Thirty six writers from 33 cities in 16 countries share their daily struggles hopes and fears for the YEAR OF THE RAT as the SARSCOV2 virus spreads catastrophe to every corner of the globe It's the metaphor of the yin and the yang I'd say right now we are in the yin It's a kind of disaster It's sad And on the yang side it looks like some sort of a mathematical balance that I cannot explain JCVD I would have done the whole thing for a donut and a tuna fish sandwich The

money meant nothing It was the opportunity to at least prove to myself that I wasn't a liar that I wasn't living a life of disillusionment When you think of yourself as being a very creative person and turn around and realize you've been leading a lie Sylvester Stallone Rocky At the beginning of the pandemic Jorah Kai led a plucky band of frontline workers and activists to fight the pandemic with science Some called him a harbinger others a pandemic guru as they navigated an increasingly bizarre world of book deals TV appearances speaking engagements and a recovery event with his childhood hero martial arts movie star Jeanne Claude Van Damme But nothing could prepare him for what came next The Narrator

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