

# 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 How To Open Now

**M Mosston**



## **Morning Routine How To Open Now:**

*The New Billable Hour* Ritu Goswamy, 2019-02-05 The New Billable Hour is a practical guide for lawyers to gain control of their time work and life In today s demanding world lawyers must learn how to increase productivity so that they can competently bill more hours while still having a personal life Lawyer and productivity consultant Ritu Goswamy presents her unique system where lawyers learn How to have more hours in the day to bill clients How to bill more hours in less time How to take back control of their time How to transform hours into wealth How to balance the priorities in their life Goswamy s guide teaches lawyers how to bill more hours in less time by turning the traditional billable hour on its head By following her steps and billing themselves one new billable hour per day lawyers have more capacity to focus on their work increase their billable time and make more money **Teaching Life Differently** Judith (J.C.) Greeley, Melinda Doyle McCall, 2018-04-17

Children who are sighted learn concepts and gain experience through incidental learning the observation of events and interactions in their environment Students with visual impairment need to be systematically sequentially and concretely taught through hands on experiences Historically students got this learning through channels other than schools The teaching of recreation adaptive sports social life opportunities and career education require this specific systematic approach Individuals with vision impairment may also require specific interventions to learn independent living skills self advocacy and community relationships **BABY STEPS TO GLORY** D. H. REID, 2012-04-15 Join Elder Reid as he is asked to officiate a funeral which leads him to offer the sermon at the home for the elderly on Easter Sunday He meets Robert Hans Sebastian and a special lady named Sophia that is one of the nurses on the staff of the home After meeting five elderly women in a ward of the home their meeting starts a chain reaction where the ladies not only learn where they came from why they are on the Earth but also what happens after death as proved in depth through the bible The men find true love that weekend it leads to baptism and a marriage performed all on the Easter weekend The story is based on actual accounts of the elderly and the authors own life The Final Mystery of Eagle Falls Dennis Prokop, 2020-11-15 The Final Mystery of Eagle Falls finds

George Huntington his wife Laura and their two year old son Bobby living a tranquil life on his grandfather s small farm near the town of Eagle Falls West Virginia That tranquility was first broken when George s grandfather uncharacteristically became entangled with the Department of Justice when he tried to sell undocumented diamonds acquired in his past Then the town s mysterious past and Laura s Native American heritage seemed to collide and create sinister occurrences that somehow involved Bobby and grew in intensity as time went on The young family quickly became desperate to end the frightening episodes and to understand the clues that seemed to point to the spirit world being involved With nowhere else to turn Laura reluctantly contacted Byron Bradley an old love interest that she hadn t seen in years for help With Byron s ancestral archaeologist background including his expertise on Native American folklore and the spirit world a risky all or nothing plan was developed to thwart Bobby s unwanted visitors Be You, Be Great! - Unleash Your Unique Gift Of

Greatness Within You Antonio Edwards, 2015-08-28 Be You Be Great will go deep into helping you find your purpose along with your gift or gifts maybe you never knew were sitting right there inside of you This book will help you distinguish the types of relationships that could be either flourishing your greatness or harming your greatness all the way to helping you determine what cords are attached to you holding you back and what enemies aside from people you could be sleeping with Be You Be Great is designed to help you unleash your own unique greatness through helping you find your gift give you more clarity more focus more power in your everyday life and most importantly more freedom for yourself The Japan Daily Mail, 1899 **Integration of location based services into the social CRM strategy** Annelie Roggenkamp, 2013-05-31 Master s Thesis from the year 2012 in the subject Business economics Offline Marketing and Online Marketing grade 1 0 Berlin School of Economics and Law course International Marketing Management M A language English abstract This thesis aims at critically analyzing Foursquare from a customer relationship management CRM perspective After elaborating on CRM and carefully scrutinizing the mobile application and its functions the author aims at investigating how Foursquare can be used as a CRM tool throughout the customer relationship life cycle Since large companies managing renowned brands usually have more sophisticated tools to enforce their CRM strategy this thesis is less concerned with those large enterprises but rather focuses on small local businesses that decide to enter the realm of customer relationship management **The Churchman**, 1889 *The Garden*, 1880 So You Want to Open a Day Care Center-- Patricia C. Gallagher, 1987 *Hard Cash ... Second Edition* Charles Reade, 1872 *PONS Wörterbuch für Schule und Studium* Marieluise Schmitz, 2006 *Proceedings of the 2nd International Conference on Intelligent User Interfaces* Johanna Moore, Ernest Edmonds, Angel Puerta, 1997 **Scribner's Magazine**, 1888 **Monthly Bulletin of the Department of Health in the City of New York** New York (N.Y.). Department of Health, 1921 **The Works of Charles Lever: Charles O'Malley ; Jack Hinton** Charles Lever, 1882 *The Garden*, 1880-07 *I Can Pray, You Can Pray* Richard Chilson, 1978 International Journal of Public Health, 1921 Network World, 1997-09 For more than 20 years Network World has been the premier provider of information intelligence and insight for network and IT executives responsible for the digital nervous systems of large organizations Readers are responsible for designing implementing and managing the voice data and video systems their companies use to support everything from business critical applications to employee collaboration and electronic commerce

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