

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 Update Clearance

Yan Bai



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Naval Aviation News ,1958 **Naval Aviation News** ,1952 Physiotherapy for Respiratory and Cardiac Problems

Jennifer A. Pryor,Ammani S Prasad,2008-03-06 Now in it s fourth edition Physiotherapy for Respiratory and Cardiac Problems continues to be an essential textbook and reference source for undergraduate and postgraduate students and for the clinician working with patients with cardiac and respiratory problems It strengths lie in integrating the evidence with clinical practice and in covering the whole patient lifespan infants children adolescents and adults new chapters on critical care surgery and psychological aspects of care expanded evidence for clinical practice case studies multi contributed chapters written by internationally recognised experts extensively revised text with new illustrations and photographs comprehensive reference lists which directs the reader to further sources of information Part of the Physiotherapy Essentials series core textbooks for both students and lecturers Online image bank now available Log on to <http://evolve.elsevier.com> Pryor physiotherapy and type in your unique pincode for access to over 300 downloadable images Federal Register ,1988-06-10 **Updates on**

Osteoporosis, An Issue of Endocrinology and Metabolism Clinics of North America, E-Book**Updates on Osteoporosis, An Issue of Endocrinology and Metabolism Clinics of North America, E-Book** Pauline M.

Camacho,2021-05-31 In this issue of Endocrinology and Metabolism Clinics Guest Editor Pauline Camacho brings her considerable expertise to the topic of Osteoporosis Provides concise and comprehensive coverage of the issues physicians face every day Presents the latest information on a timely focused topic under the leadership of experienced editors in the field *Managing the Corporate Image* James G. Gray,1986-01-22 Tackling head on the problem of defining and managing an organizational image especially in a crisis Gray offers detailed guidelines for setting up a successful image program that communicates well with an organization s constituency Through case studies interviews with executives and theory he also examines how organizations have coped with enhancing and reshaping public perceptions Association Management James G Gray Jr deals directly with the problem of defining and managing the corporate image especially in times of crisis While examining the concept of corporate image he offers detailed guidelines for establishing a corporate image program that communicates effectively with a corporation s various constituencies Blending practical business case studies interviews with business leaders and public communications theory he examines how companies like Atlantic Richfield Johnson and Johnson Sovran Bank and Giant Food have coped with enhancing and reshaping public perceptions Gray considers the role of management media relations employee concerns community relations consumer concerns external visual image symbols vital components of a corporate image program as well as strategies of concern to business government relations corporate PACs and lobbying He clearly defines the publics of major concern to industry and offers guidelines for managing the corporate image with these publics Finally he offers a means of measuring the effectiveness and success of the image making methods and concepts he proposes This checklist is especially useful for assessing the value of existing programs and for establishing

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