

MORNING ROUTINE

GET ENOUGH SLEEP!	BE THE MASTER OF YOUR MIND AND TIME	DON'T LOOK ^{AT} YOUR PHONE
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- ① WAKE UP BETWEEN 6:00-7:00 AM
- ② DRINK WATER
- ③ TAKE A SHOWER
- ④ BRUSH TEETH AND MOISTURIZE
- ⑤ OPEN A WINDOW FOR NATURAL LIGHT
- ⑥ TURN ON MUSIC
- ⑦ 10 MINUTES OF YOGA
- ⑧ DRINK MORE WATER
- ⑨ GET DRESSED, DO HAIR, PUT ON MAKE-UP
- ⑩ DRINK TEA AND EAT BREAKFAST
- ⑪ 15 MINUTES OF BULLET JOURNALING
- ⑫ MAKE THE BED
- ⑬ START THE DAY! GET TO WORK!

TASKS TO A TO NEXT MONTH

W	1	MADE BED,
T	2	YOGA, SHOWER,
F	3	SHOWER, DO
S	4	CAMPING!
S	5	CAMPING!
M	6	MUSIC, BATH
T	7	WATER, BEE
W	8	
T	9	
F	10	
S	11	
S	12	
M	13	
T	14	
W	15	
T	16	
F	17	
S	18	
S	19	
M	20	
T	21	
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top number a represents the nucleon number or the mass number nucleon number a total number of protons and neutrons in the nucleus the lower number z represents the proton or atomic number

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web sep 12 2022 the half life of the nuclei and thus the material is $t_{1/2} = 693 \text{ t}$ $t_{1/2} = 693$ million years 35 a the decay constant is $\lambda = 1.99 \times 10^{-5} \text{ s}^{-1}$ $\lambda = 1.99 \times 10^{-5} \text{ s}^{-1}$ b since strontium 91 has an atomic mass of 90.90 g

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