

# Morning Routine Checklist for Adults

## Night Before

- ☒ Disconnect from electronics 1 hour before sleep
- ☒ Write down 1 to 3 priorities for tomorrow
- ☒ Ensure 8 hours of sleep planned
- ☒ Set a non-phone alarm, keep the phone away from the bed
- ☐ Add a personal goal:

## Morning Routine

### 1. Eat Right

- ☒ Hydrate with 12 oz of water, a pinch of sea salt, and ¼ lemon
- ☒ Eat 30 grams of protein within 30 mins of waking
- ☒ Delay coffee until after eating breakfast
- ☐ Prefer protein-rich foods, minimize carbs
- ☐ Add a personal goal:

### 2. Move

- ☒ Engage in light physical activity (e.g., yoga, walking)
- ☒ Stretch or do a quick series of flexibility exercises
- ☐ Incorporate a short strength training routine, using bodyweight exercises
- ☒ Go for a brisk outdoor walk or bike ride for fresh air and sunlight
- ☐ Add a personal goal:

### 3. Learn

- ☒ Read or listen to something inspirational or educational
- ☒ Journal for 5-10 minutes on gratitude or goals
- ☒ Practice a foreign language for 10-15 minutes
- ☒ Listen to a podcast or audiobook relevant to your personal or professional growth
- ☐ Add a personal goal:

### 4. Plan

- ☒ Review your goals for the day and list three most important tasks to achieve these goals.
- ☒ Schedule your day ahead
- ☒ Add a personal goal: Reevaluate monthly goals

# Morning Routine How To Download

**Christopher Kearney**



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[The Atomic Habits Workbook](#) James Clear, 2025-12-09 Simple Exercises for Building the Life You Want. An interactive guide to building good habits and breaking bad ones based on the 25 million copy 1 New York Times bestseller *Atomic Habits*. The official companion to the 1 worldwide bestseller is the next step in your habits toolkit. Guided journal prompts will help you engage with your habits and the forces that impact them. Thought-provoking exercises allow you to implement the Atomic Habits theories and see your life transform. This workbook takes the reader from understanding habits to living them. James Clear's system helps good habits emerge naturally while unwanted habits fade away. What's included: Guided templates for easy habit tracking and habit stacking. Journaling prompts to help you assess your physical and social environments, identify forces at play, and strategize for greatest habit success. Strategies for overcoming the habit plateau and sticking with your habits even when the going gets rough. Plans for adapting your habits to fit your ever-changing life. New ideas from Clear on

the role of fun in habit formation Packed with tips tricks and activities The Atomic Habits Workbook is your step by step guide to making small changes that will transform your habits and deliver remarkable results *Getting Your Child Back to School* Christopher A. Kearney,2021-02-15 *Getting Your Child Back to School* is intended for parents grappling with school attendance problems at the elementary middle and high school levels Covering a wide variety of attendance problems and special circumstances the book offers practical step by step strategies parents can easily learn and implement themselves

**Getting Your Child to Say "Yes" to School** Christopher Kearney,2007-03-22 Many parents find getting their child to school in the morning to be quite a challenge If your child consistently pleads with you to let him stay home from school if he skips school if his morning routine is fraught with misbehaviors or if he exhibits signs of distress and anxiety related to attending school this book can help *Getting Children to Say Yes to School A Guide for Parents* is designed to help you address your child's school refusal behavior in the early stages This guide helps you identify school refusal behavior and provides step by step instructions to solve the problem Learn different techniques for getting your child to school including enhancing relaxation changing your child's negative thoughts about school establishing a clear and predictable morning routine and setting up a system of rewards for going to school Tools such as worksheets lists of Dos and Don'ts sample parent child dialogues and Fridge Notes combine to create a workbook type resource that will help you increase your child's school attendance and relieve your own feelings of concern and worry Easy to read and filled with concrete strategies this book is the first of its kind dedicated to educating and arming parents with the tools they need to resolve their child's school refusal behavior **Bloodstar (Star Corpsman, Book 1)** Ian Douglas,2013-05-09 Big bold military science fiction action from one of the genre's biggest names

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Labor,2005-12-06 Occupational Outlook Handbook has the most authoritative career data available compiled by the U D government and is fully updated every two years With record numbers of students graduating from college there is a need for comprehensive up to date career information Related occupations included in each listing introduces readers to other jobs of possible interest

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