



thirty five

morning routine ideas

to help kick the snooze habit

1. Journal.
2. Use positive affirmations.
3. Practice gratitude.
4. Visualise your perfect day.
5. Meditate.
6. Exercise.
7. Practice yoga.
8. Deep breathing exercises.
9. Miracle Morning SAVERS.
10. Listen to music.
11. Read.
12. Do some colouring.
13. Listen to an audiobook.
14. Listen to a podcast.
15. Drink a glass of water.
16. Enjoy a mindful cup of tea.
17. Eat a healthy breakfast.
18. Use essential oils.
19. Have a social media detox.
20. Check your calendar.
21. Write down your top 3 tasks.
22. Make a list.
23. Focus on your personal growth.
24. Plan out a goal.
25. Check-in on your finances.
26. Track your spending.
27. Complete a 5-minute task.
28. Put on a load of laundry.
29. Take dinner out the freezer.
30. Put dinner in the slow cooker.
31. Plan your meals.
32. Write your shopping list.
33. Go for a walk.
34. Hug your kids.
35. Send a good morning text.



Morning Routine Ideas Promo

**Mikhael Laurente, Francis F. Balahadia,
Rainer R. Fiscal, Jayson N. Olayta,
Maricon C. Pablo, Marjean R. Valmote,
& Joseph Aldrin C. Ganibo, Patrick R.
Diaz, Joel M. Arceo & Elisa N.
Chua, Elaine Joy C. Apat**

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101 Tips to Ace Your Promotional Exam Steve Prziborowski, 2021-01-13 Chief Steve Prziborowski reveals more than 101 tips for getting promoted and becoming a vital asset to your fire department family and community From soft skills to hard truths this book covers what you need to move up the ranks the right way FEATURING Sound advice for personal growth and personal improvement for any firefighter of any rank who wishes to advance Insights tricks and tips for avoiding the pitfalls while preparing for a comprehensive promotional testing process Bonus Guidance from 37 professional knowledgeable fire service veterans What others are saying Just like firefighting getting promoted and moving up isn't something you can succeed in alone it takes a team Steve has assembled a whole bunch of good fire service veterans who own their very personal experiences bumps and bruises along with their successes to help you figure this out Sit back and prepare to soak up decades of advice based on experience so you can start the climb up Deputy Chief Billy Goldfeder Proudly bumped and bruised since 1973 After years of teaching thousands of aspiring fire rescue officers Steve Prziborowski has documented his highly successful training information You need this book if you are looking to get the edge up on the competition and demonstrate to the hiring authority that you are ready for the job If you are serious about being a successful fire rescue officer at any rank do yourself a favor and add this text to your personal library today Fire Chief Dennis L Rubin Committing to taking a promotional exam requires a Herculean effort a never looking back attitude and a willingness to give up your life as you know it until the exam is over The book is an invaluable resource to guide your journey Study hard and then study harder Good luck Deputy Chief Ret Anthony Aivillo North Hudson Regional NJ Fire and Rescue *Implementing Mental Health Promotion* Margaret M. Barry, Rachel Jenkins, 2007-01-01 A comprehensive overview to implementing mental health promotion programmes with different population groups across a range of settings This work shows how information from research can be used to inform programme development and best practice It provides examples of successful international programmes **Physical Activity and Health Promotion in the Early Years** Hannah Brewer, Mary Renck Jalongo, 2018-06-19 This book focuses on improving well being among young children It provides a theoretical base explaining why physical activity is important and offers practical strategies for increasing health and well being in early childhood settings It takes ancient wisdom on the mind and body connection applies it to the youngest children and supports it with current empirical and international evidence all with an eye toward improving wellness across the lifespan The many topics discussed in the book include children's motor skills movement interaction physical literacy the use of video games dog ownership developmental delays as well as strategies to improve physical activities in the classroom and broader contexts In recent years children's health has become a priority worldwide Topics such as screen time sedentary behavior and childhood obesity have become important issues everywhere in the news in schools in community and commercial settings and among health care providers Limiting sedentary behavior increasing physical activity and maintaining a

nutritious diet are three fundamental needs during early childhood Preschool years are a time when children begin to explore the world around them and develop more vivid understandings of their surroundings As this book shows the early years may be the best time to teach wellness concepts and assist young children in establishing healthy lifestyle habits A Blueprint for the Promotion of Pro-Social Behavior in Early Childhood Elda Chesebrough, Patricia King, Martin Bloom, Thomas P. Gullotta, 2004-06-24 It is clear that violence by youth is not to be found only on city streets in city schools and among city youth but anywhere and everywhere wrathful disenfranchised young people reside In this volume the editors share their insights on the latest research for how families can promote optimal development in children from birth to age six so they can grow into healthy happy and competent young adults Topics include social emotional learning neighborhood and community influences the role of teachers and other caregivers and more The volume includes the actual Bingham Childhood Prosocial Curriculum so that it can be implemented at any center A Blueprint for the Promotion of Pro Social Behavior in Early Childhood will be a helpful resource for clinical child psychologists school psychologists early childhood educators as well as for upper level students of these areas *Advertising and Promotion* George Edward Belch, 2004 **Jolt!** Phil Cooke, 2011-04-19 In Jolt television producer social media guru and cultural commentator Phil Cooke helps you discover how you can navigate today s culture of disruption and actually use it to your advantage You ll learn that changing a company and changing your life are based on virtually the same key principles The world is changing at light speed but mastering the power of change can revolutionize your business and your life Stop feeling overwhelmed with changing technology culture business trends and values and regain the confidence that can give you a real advantage The book reveals twenty five jolts that anyone can leverage to establish a new direction maximize potential overcome insecurity and create an amazing future and legacy Jolt will revolutionize your thinking and shake up your life International Journal of Academe and Industry Research Mikhael Laurente, Francis F. Balahadia, Rainer R. Fiscal, Jayson N. Olayta, Maricon C. Pablo, Marjean R. Valmote, & Joseph Aldrin C. Ganibo, Patrick R. Diaz, Joel M. Arceo & Elisa N. Chua, Elaine Joy C. Apat, 2022-09-30 International Journal of Academe and Industry Research IJAIR is an open access refereed journal focused on the two dimensions of business research business education and applied industry research The interconnectedness of the industry and academic institutions needs a platform that aligns their respective research needs From the academic perspective the business program management and the teaching and learning had been dramatically influenced by the industry trends and needs collaborative approaches and internationalization From there comes the indispensable role of the industry as they become partners to the academic institutions in producing quality workforce and entrepreneurs Along these areas are the interesting topics for academic and industry researchers Transactions of the National Association for the Promotion of Social Science National Association for the Promotion of Social Science (Great Britain), 1880 The volume for 1886 contains the proceedings of the Conference on temperance legislation London 1886 *The Graphic Artist's Guide to Marketing and Self-promotion* Sally

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