

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 Clearance

() (Doc) D. D. D. Palmer



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Physiotherapy for Respiratory and Cardiac Problems Jennifer A. Pryor, Ammani S Prasad, 2008-03-06 Now in its 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. Its 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 direct 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.

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Biologic Rhythms in Clinical and Laboratory Medicine Yvan Touitou, Erhard Haus, 2012-12-06 Everyone has heard of nature's biological clocks: the phenomenon of periodic activity in plants, animals and humans. But what does chronobiology have to do with modern medicine? This book presents in a concise but comprehensive fashion the basic principles of chronobiology and their application to clinical medicine. The chapters are written by specialists in the field; they summarize the physiology, pathophysiology and pathology of the human time structure and outline the application of chronobiologic principles and techniques for diagnosis and treatment.

Federal Register, 1988-06-10 **Record of the Expedition to Abyssinia** Trevenen J. Holland, 1870 **Practical Psychology** James P. Flanders, 1976 **Congressional Record** United States. Congress, 1980 **Maintenance Planning and Scheduling Handbook 3/E** (Doc) D. D. D. Palmer, 2012-09-12 The fully updated industry standard guide to maintenance planning and scheduling. Written by a Certified Maintenance and Reliability Professional (CMRP) with more than three decades of experience, this thoroughly revised resource provides proven planning and scheduling strategies that will take any maintenance organization to the next level of performance. The book covers the accuracy of time estimates, the level of detail in job plans, creating schedules, staging material, utilizing a CMMS and more—all designed for increasing your workforce without hiring. *Maintenance Planning and Scheduling Handbook* Third Edition features major additions to the business case for planning and scheduling, new case studies, an expanded chapter on KPIs with sample calculations, a new

chapter on successful outage management and a new appendix illustrating how to easily conduct an in house productivity study New discussions reveal how the principles of planning and scheduling closely follow the timeless management principles of Dr W Edwards Deming and Dr Peter F Drucker This comprehensive guide delivers the experience advice and know how necessary to establish a world class maintenance operation Detailed coverage of The business case for the benefit of planning Planning principles Scheduling principles Dealing with reactive maintenance Basic planning Advance scheduling Daily scheduling and supervision Forms and resources The computer in maintenance How planning interacts with preventive maintenance predictive maintenance and project work How to control planning and use associated KPIs for planning and overall maintenance Shutdown turnaround overhaul and outage management Conclusion start planning **Substitute Teaching from A to Z** Barbara Pressman,2007-10-08 Become the go to substitute teacher that every school district is searching for Ask any school administrator a top notch substitute teacher is golden and this book gives you the Midas touch Substitute Teaching from A to Z is a one stop resource whether you re a full timer just breaking in or starting out as a career educator Reinforced with true life tales from real substitute teachers and the stories of how they solved their biggest challenges this book is a comprehensive guide written by a veteran teaching expert who specializes in training subs You ll learn insider tricks on how to Show school administrators you have the right stuff for the job Choose the most appropriate grades subjects and school districts for you Forge great relationships with everyone you work with Land the best classroom assignments Face a new class with confidence Maintain discipline work without a lesson plan and much more

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Scandinavian Journal of Clinical & Laboratory Investigation ,1977 **The Gardeners' Chronicle** ,1874

Maintenance Planning and Scheduling Handbook Richard (Doc) Palmer,2005-12-14 Many readers already regard the Maintenance Planning and Scheduling Handbook as the chief authority for establishing effective maintenance planning and scheduling in the real world The second edition adds new sections and further develops many existing discussions to make the handbook more comprehensive and helpful In addition to practical observations and tips on such topics as creating a weekly schedule staging parts and tools and daily scheduling this second edition features a greatly expanded CMMS appendix which includes discussion of critical cautions for implementation patches major upgrades testing training and interfaces with other company software Readers will also find a timely appendix devoted to judging the potential benefits and risks of outsourcing plant work A new appendix provides guidance on the people side of maintenance planning and work execution The second edition also has added a detailed aids and barriers analysis that improves the appendix on setting up a planning group The new edition also features cause maps illustrating problems with a priority systems and schedule compliance These improvements and more continue to make the Maintenance Planning and Scheduling Handbook a maintenance classic **Gardeners' Chronicle** ,1896 Exhibitors Daily Review ,1935 **Daily Report** ,1976-02

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