

MORNING and EVENING CHECKLIST

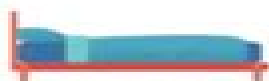
 **MORNING** 



 **EVENING** 



WAKE UP

☐

MAKE BED

☐

BRUSH TEETH

☐☐

DO HOMEWORK

☐

HELP MOMY

☐

PLAY NICELY

☐☐

Morning Routine Compare Customer Service

Joacim Rocklöv



Morning Routine Compare Customer Service:

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mindset geared toward excellence and growth The second part delves deeper into character and behavioural habits addressing emotional intelligence social conduct and ethical living It contrasts graciousness with grossness kindness with cruelty and trustworthiness with deceitfulness These chapters encourage reflection and deliberate transformation helping readers foster empathy patience and responsibility in their daily interactions Throughout the book emphasises that small acts repeated consistently have a compounding effect Small Acts Repetition Your Destiny It offers practical tools and strategies to replace toxic behaviours with constructive ones manage distractions regulate emotions and align daily actions with long term goals Good Habits vs Bad Habits also highlights the far reaching impact of habits beyond individual success showing how positive patterns build legacies of leadership influence and well being while negative habits can erode relationships careers and communities Accessible yet deeply insightful this handbook serves as a roadmap for anyone committed to personal development and lifelong learning Whether you aim to boost productivity improve health strengthen relationships or cultivate wisdom this book equips you to harness the transformative power of habits In essence this guide transforms the abstract idea of habits into an actionable blueprint It invites you to become the conscious architect of your life rewriting your behavioural code to move from destructive cycles to empowering daily rituals From great to grave habits shape your journey this book ensures you wield that power wisely

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