

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

Wendy G. Lehnert

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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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 **Light on the Web** Wendy G. Lehnert,2001 Light on the Web is designed to teach the basics of the World Wide Web It provides readers with what they need to know to get started such as general navigation skills using and managing e mail effective and efficient searching techniques online safety and an introduction to Web page and Web site construction It is written for a short course on Web essentials or as a supplement to another course with Web elements as well as for self study *Biohack Your Brain* Kristen Willeumier,2020-12-29 A neuroscientist's groundbreaking science driven plan for revitalizing nourishing and rejuvenating your most essential asset your brain Your brain is the most essential organ in your body The brain and spinal cord are intimately connected to every bodily system and organ so when it is balanced everything in your body and mind will function more efficiently It's vitally important to take proactive steps now or you risk losing everything including your ability to think clearly be creative remember details solve problems and retain your memory In Biohack Your Brain leading neuroscientist Dr Kristen Willeumier reveals how you can change your brain by making simple and easy modifications to your lifestyle Combining clinical experience with revolutionary science she details how biohacking your brain can boost your cognitive performance and so much more Dr Willeumier's essential guidebook shows you the most effective techniques to prevent memory loss and neurodegenerative disorders like Alzheimer's disease

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