

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 This Month Same Day Delivery

Mary Estelle Gresham



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C and D ,1889 Labor Aspects of the Chicago Milk Industry Mary Estelle Gresham,1942 **Bulletin** ,1942
Scientific American ,1899 **Decisions and Orders of the National Labor Relations Board** United States. National Labor Relations Board,1981 Year Of The Rat Jorah Kai,2023-02-01 THE YEAR OF THE METAL RAT 2020 was a time of panic uncertainty and great division CHINA VIETNAM CANADA SAUDI ARABIA ITALY ARGENTINA AMERICA JAPAN AUSTRALIA PHILIPPINES NETHERLANDS GUATEMALA UGANDA THE U K SINGAPORE RUSSIA As the pandemic spread some wore masks and socially distanced to protect the vulnerable while others protested all public health measures as a form of tyranny and caused loud and obnoxious mass disruptions to critical infrastructure in a jarring display of personal freedom Fake news and echo chambers enabled alternative facts while unhinged narratives and cartoonish conspiracies ran rampant often trumping coverage of legitimate and existential converging catastrophes In YEAR OF THE RAT the sequel to the international best seller *The Invisible War* Kai s Diary Jorah Kai documents the world s largest Zero Covid bubble while the outside world handles the pandemic uniquely Reaching out to friends across the globe he weaves their stories together Thirty six writers from 33 cities in 16 countries share their daily struggles hopes and fears for the YEAR OF THE RAT as the SARSCOV2 virus spreads catastrophe to every corner of the globe It s the metaphor of the yin and the yang I d say right now we are in the yin It s a kind of disaster It s sad And on the yang side it looks like some sort of a mathematical balance that I cannot explain JCVD I would have done the whole thing for a donut and a tuna fish sandwich The money meant nothing It was the opportunity to at least prove to myself that I wasn t a liar that I wasn t living a life of disillusionment When you think of yourself as being a very creative person and turn around and realize you ve been leading a lie Sylvester Stallone Rocky At the beginning of the pandemic Jorah Kai led a plucky band of frontline workers and activists to fight the pandemic with science Some called him a harbinger others a pandemic guru as they navigated an increasingly bizarre world of book deals TV appearances speaking engagements and a recovery event with his childhood hero martial arts movie star Jeanne Claude Van Damme But nothing could prepare him for what came next *The Narrator* **The Century Illustrated Monthly Magazine** Josiah Gilbert Holland,Richard Watson Gilder,1891 *CIO* ,1999-08-01 **Drug Intelligence & Clinical Pharmacy** ,1986 **American Monthly Review of Reviews** ,1897 *Medical Press and Circular* ,1887 **The Japan Daily Mail** ,1895 **The Windsor Magazine** ,1905 *Nature* ,1877 **The Picture Collection** John Cotton Dana,1928
Nature Sir Norman Lockyer,1877 *Monthly Packet of Evening Readings for Members of the English Church (earlier "for Younger Members of the English Church")* ,1891 **The Institution Quarterly** ,1919 120 Jobs that Won't Chain You to Your Desk Princeton Review (Firm),2007 Furnishes in depth profiles of a wide variety of careers that do not involve remaining in an office utilizing interviews with people in the field as well as helpful advice on training education salaries job requirements challenges and perks Flight ,1924

Decoding **Morning Routine This Month Same Day Delivery**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Morning Routine This Month Same Day Delivery**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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