

# MORNING

# ROUTINE

for stress-free beginnings

## Wake-Up

- Let in natural light
- Make bed

## Make-Up

- Take a shower
- Do hair & makeup
- Get dressed

## Fuel-Up

- Make coffee or tea
- Make breakfast

## Catch-Up

- Bullet Journal
- Organize day
- Check phone messages

## Think-Up

- Lumosity
- Reading

## Clean-Up

- Kitchen
- Daily chore

Don't hit "snooze"  
No phone till time

Don't leave the  
bathroom till hair  
and makeup  
are done

Add focus boost to  
a smoothie for  
extra fuel

Sit down with  
breakfast and focus  
on the big picture

Don't rush it -  
Take your time & get  
something from it

## Pack-Up

- Lunch
- Make sure you  
have everything  
for the day!

# Morning Routine Review Sign In

**LP Steffe**



## **Morning Routine Review Sign In:**

*Logged In* Kate Deemer, 2024-07-17 The year is 2103 and the United States separated into the Red States and Blue States of America over half of a century ago The only Purple position remaining holds the most power and she has eyes in everyone's houses and a hand in every child's education Dr Drosera the CEO of American Education helps keep the graduation rate high and the unemployment rate low so she is widely respected and trusted without suspicion In what is supposed to be her final year two seemingly incorruptible doctoral students are chosen for a one year internship to determine who will take her place as Purple Unfortunately for both of them Dr Drosera is not content with leaving at the end of the year Like the strikingly beautiful carnivorous plant for which she is named she will trap anyone in her way Author Photo Kate Deemer spent the majority of her childhood in West Virginia and lives in Charleston South Carolina She served her community as a high school English teacher for fourteen years She began writing *Logged In* The Foundation in 2020 when she saw the toll COVID had on students and teachers predicting many educators would leave the classroom as a result She holds a BA in English education and an MA in educational leadership from Marshall University

[The Last Scroll Rise of the Seven](#) James Friction, 2022-12-06 A chance meeting with an old classmate leads Ryan Laughlin a dedicated young physician to an ancient Roman spa in a medieval village of Italy where researchers are studying two remarkable events that could change the course of history a new technology that claims to measure the essence of life itself the human spirit and the final Dead Sea Scroll which was recently discovered in the West Bank The Last Scroll reveals universal truths about the nature of life through Seven Blessing but warns of Seven Plagues of the Beast that are emerging this century causing alarm and protests around the world While visiting the spa to learn these secrets and enjoy the food wine and culture of Italy Ryan finds himself the target of a killer who claims the project is heresy and will do anything to stop it In a deadly race through ancient Italy he is desperately trying to save the only woman he has loved since the death of his wife What insight and power lies within the fragmented pieces of the Last Scroll

[The Review of Reviews](#) William Thomas Stead, 1929

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