

Morning Routine Checklist

44 ideas to help you create a plan you'll stick to

waking up



- 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

getting ready



- take a shower
- wash face
- style hair
- apply makeup
- put on an outfit you feel good in
- put on sunscreen
- brush teeth
- floss

body



- 5 min stretch
- walk
- workout
- take vitamins
- make a healthy breakfast
- yoga
- put on a face masque
- cold exposure

home



- do a quick tidy
- wipe down counters
- set the mood in your space
- start a load of laundry
- prep dinner

mind



- 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 Today

Patrick Vollmar



Morning Routine Today:

THE Classroom Management Book, 2nd Edition Harry K. Wong, Rosemary T. Wong, 2018-08-08 This is a solutions book that shows how to organize and structure a classroom to create a safe and positive environment for student learning and achievement to take place It offers 50 classroom procedures that can be applied changed adapted into classroom routines for any classroom management plan at any grade level The information is supplemented with 40 QR Codes that take the learning beyond the basic text As the companion book to THE First Days of School it takes one of the three characteristics of an effective teacher being an extremely good classroom manager and shows how to put it into practice in the classroom THE Classroom Management book will help you prevent classroom discipline problems and help you create an atmosphere where everyone knows what to do even when you are not in the classroom 320 page book with Index 50 step by step procedures 40 QR Codes for extended learning Discover Yourself 33 Day Personal Growth Workbook , DISCOVER YOURSELF 33 DAYS OF PERSONAL GROWTH SELF DISCIPLINE Transform your life in just 33 days This isn't just another self help book it's a science based practice focused step by step transformation program you can follow day by day WHAT'S INSIDE 45 pages of comprehensive content Structured 33 day program Each day includes Theory Exercise Task Reflection Questions Weekly review pages 33 Day Tracking Sheet Daily Template reusable Resources recommended apps 5 WEEK PROGRAM WEEK 1 SELF DISCOVERY Discover your values find your strengths know your boundaries meet your inner voice make peace with your past WEEK 2 MENTAL STRENGTH Manage your thoughts question your beliefs overcome fears master focus build resilience WEEK 3 SELF DISCIPLINE Create morning routines defeat procrastination manage time set goals build accountability WEEK 4 HABITS Learn habit science start small design your environment break bad habits identity based approach WEEK 5 INTEGRATION Bring all pieces together handle challenges practice self compassion build sustainable systems WHO IS THIS FOR Anyone wanting real change in their life Those who want to know themselves better People struggling with discipline and habits Anyone having difficulty reaching their goals Those wanting to develop mental strength People experiencing lack of motivation SCIENCE BACKED SOURCES This book is based on research from James Clear Atomic Habits Charles Duhigg The Power of Habit Angela Duckworth Grit Cal Newport Deep Work BJ Fogg Tiny Habits Kristin Neff Self Compassion Gallup StrengthsFinder Research WHAT YOU GET Instant download PDF file A4 size printable Digitally fillable Unlimited personal use Read on phone tablet or computer WHY THIS BOOK NOT books that motivate then leave you hanging A system you can implement step by step NOT theories floating in the air Concrete tasks for every single day NOT content you read once and forget A guide that stays with you for 33 days Getting 1% better every day means being 37 times better by year's end Your transformation starts today If you're satisfied please leave a review personalgrowth selfdiscipline habittracker selfimprovement mindfulness Total Home Makeover Renee Metzler, 2012-08-15 Get a Total Home Makeover in 20 days Each day Let's Chat daily coaching session about one secret to home management then Get

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