

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

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The Vegan Andrew Lipstein, 2023-07-11 Named a Must Read Book of 2023 by TIME and ELLE Named a New York Times Critics Pick of 2023 A most anticipated book from The New York Times Vanity Fair ELLE Town Country Shondaland i D Lit Hub more In The Vegan Andrew Lipstein challenges our notions of virtue with a brilliant tale of guilt greed and how far we'll go to be good Herschel Caine is a soon to be master of the universe His hedge fund built on the miracle of machine learning is inches away from systematically extracting obscene profits from the market His SoHo offices shoes optional therapy required have been fine tuned to reel in curious investors But on the night of May 12 at his elegant Cobble Hill townhouse he has something else on his mind the dinner party he and his wife have devised to woo their new A list neighbors When the evening fizzles Herschel indulges in a devilish prank that goes horrifically awry plunging him into a tailspin of guilt and regret As Herschel's tightly constructed world starts to unravel he clings to the moral clarity he finds in the last place he'd expect a sudden connection with a neighborhood dog A wildly inventive reality bending trip The Vegan holds a mirror up to its reader and poses a question only a hedge fund manager could ask Is purity a convertible asset The more Herschel disavows his original sin and the more it threatens to be revealed the more it becomes something else entirely a way into a forgotten world of animals nature and life beyond words Flight, 1924 **Scientific American**, 1899 *Lippincott Williams and Wilkins' Administrative Medical Assisting* Elizabeth A. Molle, Laura Southard Durham, 2003-12-01 This text is designed to meet the needs of students in medical assisting who are studying the administrative portion of the curriculum as well as students in transcription coding and related programs This competency based textbook provides a wealth of guidance for administrative skills The text covers the front office topics scheduling billing coding bookkeeping office management and insurance issues Helpful pedagogy including Key Terms a Glossary and Critical Thinking Challenges familiarize students with the material and help with problem solving The ancillary package includes an Instructor's Resource Kit with an Instructor's Manual and Resource CD ROM as well as a student study guide Visit <http://connection.lww.com/go/molleadmin> for more information **The Leisure Hour**, 1893 **Management and Administration**, 1923 **Administration**, 1923 Includes critical reviews **The Postal Record**, 1912 Bulletin of the United States Bureau of Labor Statistics, 1942 **All the Year Round**, 1884 **Transactions of the American Institute of Electrical Engineers**, 1900 **Barrel and Box and Packages**, 1917 **Industrial Refrigeration**, 1921 **Ice and Refrigeration**, 1920 **California. Court of Appeal (2nd Appellate District). Records and Briefs** California (State)., Number of Exhibits 2 **Electrical Review and Western Electrician with which is Consolidated Electrocraft**, 1915 *D and W, Distribution and Warehousing*, 1951 *Annual Report of the Postmaster General* United States. Post Office Department, 1899 *Aviation Week & Space Technology*, 1922 Includes a mid December issue called Buyer guide edition *The Mark Lane Express, Agricultural Journal &c*, 1912

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