

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

body



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

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

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

home



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

Morning Routine This Month

Mark Steyvers



Morning Routine This Month:

STUDY SKILLS: SHAPING YOUR FUTURE ASST. PROF. DR HASBOLLAH BIN MAT SAAD,2023-01-23 In this e Note you will find a collection of interesting points that are presented in such a way that you will be able to gain a lot of valuable information from it as you read it As a whole the purpose of this e Note is to facilitate learning at all levels and to assist individuals in preparing themselves to become effective competitors in the future by providing them with the tools and techniques they need to accomplish that goal *Rich in Six Months* , Dear Reader I am thrilled to introduce you to *Rich in Six Months* a guidebook to help you achieve financial freedom and build wealth in a short amount of time In this book you will find valuable strategies and techniques to help you identify your financial goals explore different investment options understand the paths to wealth and maximize your available resources Chapter 1 focuses on identifying your goals for becoming rich By clarifying your vision establishing self empowerment and creating a change plan you will set yourself up for success and create a solid foundation for achieving your financial goals Chapter 2 explores different investment options including researching market trends exploring different asset classes and diversifying your portfolio By understanding these investment options you can make informed decisions that will help you build wealth and achieve financial freedom Chapter 3 delves into the paths to wealth including building wealth through passive income leveraging resources for maximum return and taking advantage of tax benefits through investing By understanding these paths you can develop a comprehensive wealth building strategy that works for you Chapter 4 is all about maximizing your available resources By analyzing your spending habits you can identify areas where you can save money and invest it in your future In Chapter 5 you will learn how to set financial goals identify your objectives develop strategies to reach your goals and measure your success By setting clear goals and tracking your progress you can stay motivated and focused on achieving your financial dreams Chapter 6 focuses on developing an action plan breaking down your plan into manageable steps determining the steps and timeline required and adjusting strategies as needed By creating a detailed action plan you can take actionable steps towards achieving your financial goals Chapter 7 is all about staying focused and motivated By establishing a daily routine prioritizing time for activities and staying positive during setbacks you can maintain your motivation and focus on your goals Chapter 8 is about establishing a detailed timeline setting milestones and creating deadlines By creating a timeline you can stay on track and ensure that you are making progress towards your financial goals In Chapter 9 you will learn how to implement solutions for success including developing a support network utilizing technology and establishing appropriate tools By utilizing these tools and resources you can achieve your financial goals more efficiently Finally Chapter 10 is all about reaching your goals By celebrating your achievements challenging yourself to grow and reflecting on your progress you can continue to build on your success and achieve even greater things Thank you for considering *Rich in Six Months* as your guide to achieving financial freedom and building wealth I hope you find this book to be a valuable resource on your journey to financial success

Sincerely A Masri *The Month* ,1896 **Health Trackers** Richard MacManus,2015-08-01 New consumer technology is empowering us to take control of our day to day health Leading tech writer Richard MacManus looks at what is out there now and what is in development and what this might mean for our health in the future Health Trackers tells the story of the rise of self tracking the practice of measuring and monitoring one s health activities or diet Thanks to new technologies such as smartphone apps and personal genomics self tracking is revolutionizing the health and wellness industries Through interviews with tech developers early adopters and medical practitioners Richard MacManus explores what is being tracked what tools and techniques are being used the best practices of early adopters and how self tracking is changing healthcare The first eight chapters focus on a particular type of or approach to self tracking for example diet daily activity and genetics The final two chapters look at how the medical establishment is adopting and adapting to self tracking This timely book covers technologies still early in their evolution but poised to go mainstream and rather than look at how to use specific gadgets it focuses on the philosophy and usefulness of self tracking in its many forms Many of us are curious about it but don t understand the benefits and sometimes risks of these tools and practices With no comparable book on the market Trackers is the first to focus on consumer technologies and to help ordinary people negotiate the new health landscape

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