Morning Routine

2L

1L

hydrate

detox juice

10 minute stretch

GRATITUDE LIST

self care

healthy breakfast

5 minute journal

TO DO LIST

Sun

go screen free for 30 minutes

top priority to do list

go out for fresh air

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Clemens Wendtner

Morning Routine Top Tutorial:

The Morning Mind Dr. Robert Carter III,Kirti Salwe Carter, MBBS, MPH,2019-01-08 Unleash positive thinking and productive imagination and flip negative thoughts and behaviors into a lifetime to improve every aspect of your life each morning one day at a time Bad habits Bad feelings Bad mornings that turn into regrettable days Banish them all with simple brain hacks that flip negative thoughts and behaviors into positive productive ones The Morning Mind makes it easy Based on findings from neuroscience and medicine Dr Robert Carter and Dr Kirti Carter help you tamp down on the fear driven reptile brain and tap into the part linked to thinking and imagination With topics ranging from diet and hydration to exercise and meditation you ll find ideas for activating your brain and improving every aspect of your life Restore healthy cycles of waking and sleeping Block harmful cortisol hormones Boost mental performance Create calmer mornings Develop self discipline Stimulate creativity Improve your leadership skills Instead of dragging through your day learn to wake up refreshed recharge regularly and live better than ever From the moment the alarm clock rings The Morning Mind helps you greet each day with gusto   Mastering Focus: A 30-Day Guide to Enhancing Productivity and Achieving Goals GATHU KAMAU,HULBERT KAMAU,2025-07-01 Cut through the noise and master your mind This 30 day guide is your personal system for eliminating distractions building deep habits and showing up powerfully every day Whether you re building a business growing your career or simply trying to do meaningful work this book helps you Identify your biggest focus killers Build a daily ritual that works Train your energy and discipline Stay clear even when life gets chaotic Real stories actionable activities and simple clarity Download Reflect Do the work Focus isn t just a skill it s your greatest edge   **Apple Watch Series 11 Step by Step User Guide** Beverly P. Mickelberg, Unlock the Full Power of Your Apple Watch Series 11 Even If You ve Never Used One Before What if your smartwatch could truly simplify your day sharpen your fitness goals and keep you connected with zero frustration And what if you could learn everything effortlessly without confusing jargon or technical overload This guide gives you a complete clear path to understanding and mastering the Apple Watch Series 11 It breaks down every feature with easy step by step instructions designed for real people Whether you re a first time user or upgrading from an older model this book helps you navigate confidently personalize your watch and enjoy every feature Apple built into this device Unlike generic guides this book is focused practical and deeply user friendly It explains not just what your watch can do but how to make it work smoothly in your daily life You ll uncover hidden tools smarter ways to manage health data advanced tips for workouts and time saving shortcuts many users never discover Inside this book you will learn how to Set up your Apple Watch Series 11 the right way for faster performance and accurate tracking Navigate the interface using the Digital Crown gestures Smart Stack and Control Center Personalize watch faces complications and layouts for instant access to what matters most Master connectivity AirPods controls privacy settings and everyday device interactions Use powerful health tools including heart monitoring sleep tracking and wellness alerts Track workouts set goals and understand fitness

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