

# 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 In The Us Open Now

**Raffaela Di Napoli**



## **Morning Routine In The Us Open Now:**

*Inner Simplicity* Elaine St. James, 2014-04-22 The author of Simplify Your Life offers a path to the simpler life of mind and spirit through meditation solitude making spirituality a regular part of the day and getting in touch with your creativity

*The Best Golf Stories Ever Told* Julie Ganz, 2013-06-01 This book is a comprehensive collection of stories each of which captures a different facet of the game of golf Some of the best golfers in the history of the sport as well as those who have established themselves as aficionados through their writing or commentary all offer their stories from both on and off the course Together they articulate the passion as well as the frustrations behind one of the world s most popular sports The Best Golf Stories Ever Told is a book for golf fans and players alike who share a love for the game This is part of the well established The Best Stories series of books each of which is selectively edited and handcrafted to include only the best stories from the best writers of the genre What other people may find in poetry or art museums I find in the flight of a good drive Arnold Palmer Skyhorse Publishing as well as our Sports Publishing imprint is proud to publish a broad range of books for readers interested in sports books about baseball pro football college football pro and college basketball hockey or soccer we have a book about your sport or your team In addition to books on popular team sports we also publish books for a wide variety of athletes and sports enthusiasts including books on running cycling horseback riding swimming tennis martial arts golf camping hiking aviation boating and so much more While not every title we publish becomes a New York Times bestseller or a national bestseller we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home

*Lilly's Story* RL Monsheimer, 2024-03-27 Lilly Jarman comes from a small town in rural Virginia not the likely home of a tennis professional Lilly is Eurasian and overcomes prejudice and isolation in her hometown Because of her family income and costs of supporting 2 children in different sports the family can not afford the training facilities that most junior tennis players leaving a difficult road to get recruited to college and the tour The book takes you through not only the miracle of qualifying for the US Open and then making it to the round of 16 then the journey throughout the next year as she rises into the ranks of tennis With her coaches who support her from her part time coach Paul to her final coach Johan Lilly takes coaching to succeed where nobody saw it possible Lilly represents both athleticism and being feminine as her colors represented and it is actually that saying that is the key to her later success With the aid of her good friend Anita not only does she share a major title she also shares the same family as both fall in love with the Wilson brothers and propose to the 2 tennis professionals in a similar manner publicly In the end Lilly overcomes all the obstacles and succeeds in all areas of her life and her success that she assumed would only be about tennis ends up being aiding other young girls to be able to play tennis through a foundation that supports junior tennis players needing funding for travels The Foundation comes from her Grandmother's saying of Athletic and Feminine that she told Lilly she represented at an early age

*Don't Choke* Gary Player, 2010-06-09 Don't Choke is Player's look at what it takes to

achieve success when the pressure is on Player explains what it takes to win in big time golf but he also explains how learning to cope in pressure situations can help anyone *American Gymnasia and Athletic Record* ,1905 **Narrative**

**Medicine** Maria Giulia Marini,2015-09-29 This book examines all aspects of narrative medicine and its value in ensuring that in an age of evidence based medicine defined by clinical trials numbers and probabilities clinical science is firmly embedded in the medical humanities in order to foster the understanding of clinical cases and the delivery of excellent patient care The medical humanities address what happens to us when we are affected by a disease and narrative medicine is an interdisciplinary approach that emphasizes the importance of patient narratives in bridging various divides including those between health care professionals and patients The book covers the genesis of the medical humanities and of narrative medicine and explores all aspects of their role in improving healthcare It describes how narrative medicine is therapeutic for the patient enhances the patient doctor relationship and allows the identification via patients stories of the feelings and experiences that are characteristic for each disease Furthermore it explains how to use narrative medicine as a real scientific tool Narrative Medicine will be of value for all caregivers physicians nurses healthcare managers psychotherapists counselors and social workers Maria Giulia Marini takes a unique and innovative approach to narrative medicine She sees it as offering a bridge indeed a variety of different bridges between clinical care and humanitas With a sensitive use of mythology literature and metaphor on the one hand and scientific studies on the other she shows how the guiding concept of narrative might bring together the fragmented parts of the medical enterprise John Launer Honorary Consultant Tavistock Clinic London UK **Your Invitation!** Knecht Sylvia,2010-03 If it is perfection you are looking for go get your Bible But if you are seeking a journey with a fellow sinner who loves God with their whole being and never wants to stop praising and worshipping the Lord for the wonderful miracles he has blessed us with To honour fully the membership of this family for eternity then this book I would like to share with you Glory Glory Glory Journal of American Concrete Institute American Concrete Institute,1925 Each number includes Synopsis of recent articles **The American Friend** ,1925 *Ungraded* ,1923 *Carriage and Wagon Builder* ,1914 **Christian Register and Boston Observer...** ,1902 **The Review of**

**Reviews** Albert Shaw,1893 The Review of reviews ,1893 *Christian Advocate* ,1929 *The Nation* ,1880 *Paint, Oil and Chemical Review ...* ,1919 Paint, Oil and Drug Review ,1919 *Gospel Herald* ,1916 **The American Engineer** ,1891

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