

# 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 How To Open Now

**CO Houle**



## **Morning Routine How To Open Now:**

Open the Door to the Truth Michael Porter,2021-09-21 Open the Door to the Truth By Michael Porter It s not always easy to know what you want let alone how to get it When a young couple Jack and Diane are offered the opportunity to learn the truth behind getting the things you desire they learn there s a reason for everything that small financially responsible decisions add up and hard work pays off in the end Learn the secrets of success in getting what you want through the real life scenarios presented in Open the Door to the Truth Finally it s time to take action take control of your life and start getting what you want

The New Billable Hour Ritu Goswamy,2019-02-05 The New Billable Hour is a practical guide for lawyers to gain control of their time work and life In today s demanding world lawyers must learn how to increase productivity so that they can competently bill more hours while still having a personal life Lawyer and productivity consultant Ritu Goswamy presents her unique system where lawyers learn How to have more hours in the day to bill clients How to bill more hours in less time How to take back control of their time How to transform hours into wealth How to balance the priorities in their life Goswamy s guide teaches lawyers how to bill more hours in less time by turning the traditional billable hour on its head By following her steps and billing themselves one new billable hour per day lawyers have more capacity to focus on their work increase their billable time and make more money

Days 195 to 202 Amy Cross,2022-10-30 Having finally returned to New York Elizabeth finds herself still struggling to come to terms with Toad s death Haunted everywhere she goes by reminders of her dead family she finds refuge in a surprising place But when people start dropping dead in the streets Elizabeth and her new friends face the horrifying possibility that the zombie threat is far from over Meanwhile Thomas makes an important decision Finding nothing worth staying for in New York he decides that it s finally time to go and search for his missing sister Can he persuade Elizabeth to go with him What dangers will he find once he hits the road And will he finally find Martha waiting for him at the farm Days 195 to 202 is the ninth book in the Mass Extinction Event series The book ends with a cliffhanger and readers are advised to start with the first part of the series

*Open Door* ,1929 *the open polar sea* ,1867

**Teaching Life Differently** Judith (J.C.) Greeley,Melinda Doyle McCall,2018-04-17 Children who are sighted learn concepts and gain experience through incidental learning the observation of events and interactions in their environment Students with visual impairment need to be systematically sequentially and concretely taught through hands on experiences Historically students got this learning through channels other than schools The teaching of recreation adaptive sports social life opportunities and career education require this specific systematic approach Individuals with vision impairment may also require specific interventions to learn independent living skills self advocacy and community relationships

**The Open Polar Sea: a Narrative of a Voyage of Discovery Towards the North Pole** Isaac Israel Hayes,1867 Narrative of Hayes s expedition by way of Smith Sound 1860 61 *Primary Plans* Elizabeth P. Bemis,1911

The Open Court, a Monthly Magazine Paul Carus,1899 *The Open Road* Clayton Holt Ernst,1920 *The Strand*

*Magazine* ,1903     **Gospel Herald** ,1916     The Open Court Paul Carus,1899 vols 46 47 have special title New Orient Society monograph     On the State of the Public Health Great Britain. Ministry of Health,1926     Annual Report of the Chief Medical Officer Great Britain. Department of Health and Social Security,1928     The Atlantic ,1967     *Christian Register and Boston Observer...* ,1902     Integration of location based services into the social CRM strategy Annelie Roggenkamp,2013-05-31 Master s Thesis from the year 2012 in the subject Business economics Offline Marketing and Online Marketing grade 1 0 Berlin School of Economics and Law course International Marketing Management M A language English abstract This thesis aims at critically analyzing Foursquare from a customer relationship management CRM perspective After elaborating on CRM and carefully scrutinizing the mobile application and its functions the author aims at investigating how Foursquare can be used as a CRM tool throughout the customer relationship life cycle Since large companies managing renowned brands usually have more sophisticated tools to enforce their CRM strategy this thesis is less concerned with those large enterprises but rather focuses on small local businesses that decide to enter the realm of customer relationship management     **Adam's Rib** Antonio Manzini,2016-08-02 An Italian detective who brings his case to a solution out of Agatha Christie as satisfying as it is unexpected is a memorable companion in crime Kirkus Reviews Six months after being exiled from his beloved Rome Deputy Police Chief Rocco Schiavone has settled into a routine in the cold quiet chronically backward alpine town of Aosta an espresso at home breakfast in the piazza and a morning joint in his office A little self medication helps Rocco deal with the morons that almost exclusively comprise the local force Especially on a day like today It s his girlfriend s birthday if you could call her that in his mind Rocco s only faithful to his late wife he has no gift and he s about to stumble upon a corpse It begins when a maid reports a burglary in Aosta But there s no sign of forced entry and after Rocco picks the lock he notices something off about the carefully ransacked rooms That s when he finds the body a woman the maid s employer left hanging after a grisly suicide Or is it Rocco s intuition tells him the scene has been staged In other words it s murder a pain in the ass of the highest order In this stylish international mystery Antonio Manzini further establishes Rocco Schiavone as one of the most acerbic complicated and entertaining antiheroes crime fiction has seen in years Entertaining Readers will look forward to seeing more of this fascinating and complex character Publishers Weekly Manzini delivers a wonderful mix of in depth characterization with an ever deepening plot Booklist Once I started reading I couldn t stop Venerd di Repubblica     *The Strand Magazine* Herbert Greenhough Smith,1903

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### **Morning Routine How To Open Now Introduction**

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