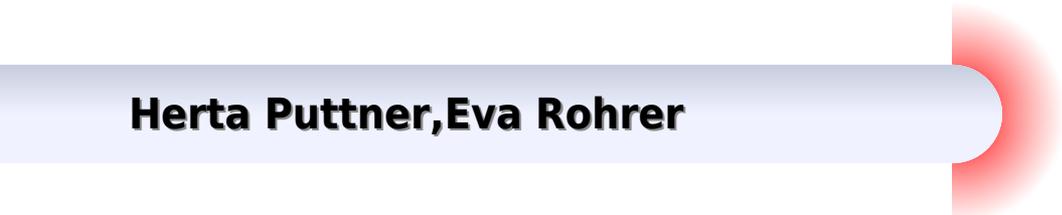


25 easy morning habits to try...

- #1 - Alarm clock away from bed
- #2 - Wake up at the same time
- #3 - Gives yourself plenty of time
- #4 - Wake up to something good
- #5 - Smile as soon as you wake up
- #6 - Drink a glass of water
- #7 - Have some quiet time
- #8 - Make your bed
- #9 - Open the windows
- #10 - Let the kids be responsible
- #11 - Put some lively music on
- #12 - Read through your schedule
- #13 - Check Your TO DO List
- #14 - Get in touch with feelings
- #15 - Start with the end in mind
- #16 - Get dressed for exercise
- #17 - Get dressed for your day ASAP
- #18 - Have a uniform
- #19 - Exercise
- #20 - Chat with someone!
- #21 - Have a healthy breakfast
- #22 - Do a quick chore
- #23 - Get dinner sorted
- #24 - Do a house scan
- #25 - Give yourself a break

Sleep Hacks Morning Routine Best

Herta Puttner, Eva Rohrer



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100 Proven Habit Hacks: Build Atomic Habits & Self-Discipline Fast Jason Clarke , Transform Your Life in Just 66 Days The Science Backed Habit Formation System That Actually Works Struggling to build lasting habits You re not alone Research shows that 92% of New Year s resolutions fail by February and the average person tries to change the same behavior 5 7 times before succeeding But what if the problem isn t your willpower it s your strategy 100 Proven Hacks for Building Habits That Stick Fast reveals the neuroscience backed methods used by top performers athletes and entrepreneurs to create permanent behavior change without relying on motivation or discipline Inside this evidence based habit formation guide you ll discover The 2 minute rule that makes starting new habits effortless even on your worst days Atomic habits strategies for 1% daily improvements that compound into 37x better results in one year Dopamine hacking techniques to wire in positive behaviors instantly The Never Miss Twice rule that prevents one slip from becoming total failure Environment design secrets that make good choices automatic Digital minimalism tactics to break phone addiction and reclaim your focus Identity based habit methods that change who you are not just what you do Backed by 150 scientific studies from behavioral psychology neuroscience and habit formation research this comprehensive guide provides 5 complete 30 day challenges Morning Miracle Fitness Foundation Mindfulness Month Financial Freedom Relationship Reconnection Downloadable templates for habit stacking accountability contracts and progress tracking Troubleshooting protocols for motivation crashes travel disruptions and plateau breakthroughs Quick start implementation roadmap to see results in your first week Whether you want to build a morning routine start exercising consistently improve productivity quit bad habits or master self discipline this book provides the exact step by step system to make it happen Stop trying harder Start building smarter Join thousands who ve used these research proven strategies to create lasting change Your transformation starts with hack 1 Master the science of habit formation with 100 research backed strategies that create lasting change in 66 days This comprehensive self help book combines behavioral psychology neuroscience and proven productivity hacks to help you build morning routines break phone addiction improve self discipline and achieve your goals without relying on willpower Featuring atomic habits principles dopamine optimization techniques and environment design secrets plus 5 complete 30 day challenges and downloadable templates Perfect for anyone struggling with motivation consistency or making New Year s resolutions stick Based on 150 scientific studies and real world applications Includes practical strategies for digital minimalism time management productivity systems and behavioral change Transform your life 1% at a time with this evidence based guide to permanent habit transformation [Mom Hacks](#) Darria Long Gillespie,2019-02-19 100 self care hacks for any mom to eat right move more stress less and get a good night s sleep by a doctor who is also a mom Why is it generally accepted that motherhood comes at the expense of our health with all that weight gain fatigue and exhaustion It doesn t have to be that way What if your baby AND you could thrive together We cure diseases We create artificial ears using

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