



MY IDEAL

morning

@myjourney.app

ROUTINE



1. WAKE UP

6.20am



2. JOURNAL

6.25am

500ML



3. HYDRATE

6.40am



4. EXERCISE

7.00am



5. HOT BATH

7.15am



6. DRESS

7.25am



7. HAIR + MAKE UP

7.45am



8. BREAKFAST

8.00am



9. START YOUR DAY

8.15am

Morning Routine Best Login

J Rink



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Mindfulness Editorize Book,2022-06-14 Mindfulness is a great way to reset your thinking stay active in the present and prioritize your health Even on the worst days mindfulness is always guaranteed to make your day seem a little bit brighter and more manageable If you have never tried mindfulness before now is the perfect time to start It doesn't take up a whole lot of time out of your day and it is a completely free way to enhance your wellbeing One catch of mindfulness is that you have to practice every day If you only are mindful sporadically you will not see the results you want To ensure that you stay on track with your mindfulness goals try to incorporate and integrate mindfulness into your daily life Implementing mindfulness in your daily routine is an easy way to keep yourself motivated throughout the day

The Peak Performing Teacher Michael S. Kuczala, Mike Kuczala,2022-01-17 Develop and implement an action plan for self care Cultivating focus re energizing oneself and improving daily habits are essential for educators wellbeing and the good that they pass along to students However finding the time to implement new habits can be hard Because small changes are easier to plan for and realize Kuczala concentrates on the habits that are most likely to yield significant improvements This book guides educators in meaningful self reflection by providing Five critical practices to increase productivity and decrease anxiety Reflection prompts and vignettes to guide readers in developing self care strategies Practical checklists and templates to help educators maintain goals

Everyday Ways to Connect with Your Adopted or Fostered Child Fiona Biggar,2024-03-21 This indispensable guide has over 200 simple easy to implement therapeutic parenting activities which you can easily build into everyday life Starting with a simple explanation of therapeutic parenting and how to do it it provides a host of strategies and activities to help tackle common challenges faced by families affected by trauma This includes improving communication and relationships lessening conflict building confidence creating structure and routine and handling big emotions The activities range from short daily check ins to reinforce attachment through to creative therapeutic activities The ideas in this book will help create an environment of acceptance safety and respect and enable you and your child to build a stronger more connected relationship

Detox-Body, Mind & Intellect- Connect to 2:2 Human Kokoro Dr. Praachiety Punndey, Detox Body Mind Intellect Connect to 2 2 Human Kokoro is a groundbreaking wellness guide by Dr Praachietiy Punndey It offers a practical easy to follow detox journey using the innovative Glamowell method Combining science spirituality and psychology the book empowers you to cleanse your body quiet your mind and awaken your intellect With home tests journaling activities and clear tools for implementation this book is a 360 detox plan for sustainable wellbeing

How to Become an Awesome Storyteller: Captivate, Inspire, and Connect with Any Audience Steve Williams,2025-02-27 Dive into the transformative world of storytelling a universal skill that transcends boundaries and speaks to the heart of human connection Whether you re crafting compelling characters structuring gripping plots or mastering the art of vocal delivery this guide equips you with the tools to tell stories that resonate deeply and leave a lasting impact Discover how to adapt your narratives

for diverse audiences incorporate humor and suspense seamlessly and turn everyday moments into unforgettable tales From writing for specific platforms like podcasts or social media to recording and sharing your stories authentically this book is your roadmap to becoming a master storyteller Overcome fear of public speaking and learn how to use tone voice modulation and nonverbal communication to enhance your delivery With practical tips on developing engaging plots creating relatable characters and building emotional impact you ll unlock the secrets to making every story memorable Packed with creative writing prompts narrative frameworks and inspiring examples this guide will help you find your unique storytelling style Whether you re telling personal stories crafting business presentations or exploring oral traditions these techniques will empower you to connect inspire and captivate anytime anywhere Transform ordinary experiences into extraordinary narratives and become the storyteller you ve always wanted to be Your journey to mastering the art of storytelling starts here

How to Connect with Anyone- Simple Tricks for Success in Relationships - Master the Art of Small Talk and Build Strong Bonds Julian Wright, 2026-03-14 Are you tired of feeling invisible at crowded events struggling to master the art of small talk and making friends or wondering how to deal with nervousness in conversations Do you often find yourself paralyzed by awkward silences wishing you had the natural charm to effortlessly win over colleagues clients or romantic interests In today s fast paced digital world basic interpersonal abilities are no longer enough Whether you are aiming to improve your communication skills for business networking or searching for genuine relationship advice for couples and singles you need a proven step by step roadmap *How to Connect with Anyone Simple Tricks for Success in Relationships Master the Art of Small Talk and Build Strong Bonds* is your ultimate guide to social mastery We cut through complex psychological jargon to deliver highly practical easily applicable strategies that will completely transform the way you interact with the world Here is a glimpse of what you will master inside *The Foundation of Charisma* Discover how to overcome social anxiety in young adults and seasoned professionals alike Learn foolproof conversation starters for introverts that eliminate dread and make approaching strangers feel natural and exciting *The Science of Connection* Move beyond superficial chatter Master active listening techniques and body language to make anyone feel instantly valued and understood *Professional Dominance* This isn t just for parties it is the ultimate manual on communication skills for the workplace 2026 Uncover the secrets to leadership presence and negotiation tactics and learn effective written communication strategies that command respect in every email and memo *Conflict and Crisis Management* Stop letting arguments damage your ties Learn to seamlessly handle awkward situations and avoid conversation killers Utilize advanced persuasive communication and conflict resolution to disarm defensiveness and resolve conflict and create deeper intimacy in your relationship *Strategic Growth* Explore customized frameworks for business networking for introverts ensuring you leave a lasting positive impression on decision makers and VIPs *How This Book Will Help You* This guide serves as a comprehensive masterclass in social skills training for adults By applying these simple tricks you will drastically reduce the anxiety associated with meeting new people You will

develop a magnetic presence that draws opportunities to you effortlessly building strong bonds with friends and family and expanding your professional network without ever feeling salesy or inauthentic Why You Should Buy This Book Unlike scattered advice found online or outdated manuals that feel manipulative this book offers a fresh authentic approach If you are looking for the definitive upgrade to classics like how to win friends and influence people modern editions or seeking actionable tools far superior to how to talk to anyone 92 little tricks this is your answer It goes much deeper than the fine art of small talk complete guide providing a holistic blueprint for every social scenario Stop letting social hesitation hold back your career and personal life Invest in one of the best selling communication skills books amazon 2026 has to offer and join the thousands of readers who consider this the gold standard among relationship building books for personal development Scroll up click the Buy Now button and start mastering the art of human connection today

Communication

Breakthroughs: Helping Your Child Express and Connect PsyForU Editorial Collective ,2025-10-18 Description

Communication is one of the biggest challenges and opportunities for children on the autism spectrum Whether your child is nonverbal developing speech or working on social conversation you can support their growth step by step This parent friendly guide offers clear strategies real life examples and practical tools to help your child express themselves and build meaningful connections Inside this book you ll discover How to support nonverbal communication through gestures visuals and AAC tools Speech therapy strategies you can practice at home Apps and devices that make communication easier Social skills training methods including role play and conversation starters Techniques to encourage joint attention and shared focus Overcoming common communication barriers like anxiety or sensory overload Written with empathy and clarity this guide gives parents the confidence to help their child find their voice in whatever form it takes Download today and take the first step toward stronger communication and connection Mandatory Disclosures Disclaimer Purpose of Publication This book aims to help parents and caregivers understand and support communication development in children on the autism spectrum It presents educational insights practical strategies and real world examples to encourage expressive and receptive communication It is intended for informational and awareness purposes only and does not replace professional evaluation diagnosis or speech language therapy No Therapeutic or Diagnostic Claims The content of this book is not a substitute for Speech and Language Pathology SLP Applied Behavior Analysis ABA or any other therapeutic intervention The author s and publisher do not claim or imply guaranteed improvement in communication language acquisition or social skills Each child s developmental trajectory is unique and professional supervision is strongly recommended Professional Consultation Advised Readers are encouraged to consult qualified SLPs occupational therapists or behavioral therapists before applying any technique that modifies established communication programs This book s strategies are meant to complement not replace structured therapy plans Accuracy and Updates Every effort has been made to ensure factual accuracy referencing reliable and up to date sources in developmental psychology linguistics and autism communication research However evolving

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