

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 Today Customer Service

Daphne Leigh



Morning Routine Today Customer Service:

Customers at Work W. Dunkel,F. Kleemann,2013-07-25 Explores the ongoing transformation of service relationships focusing on the incorporation of the customer s active contribution to virtually all aspects and stages of the production process This volume illuminates social relations and interaction between customers and service providers as well as between the users of web based services

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PHAEDRA BOINODIRIS Author AI for the Rest of Us *Best Practices in Customer Service* John A. Woods,1999 **AAHA's Complete Guide for the Veterinary Client Service Representative** Jill Renfrew,2013 Accompanying CD ROM contains a Word document of the full contents of the book Page xv

[Seriously Now, Enough Already](#) Daphne Leigh,2018-01-23 This book is about finding power through faith in Christ to overcome the challenges that come through life It is my hope that this

testimony of faith will bless and encourage all who read it **Customer Service Manual** Benjamin I. French,1976
Motor Age ,1928 *Newsletter* ,1990 **The Monthly Service Bulletin** ,1922 **Electric Light and Power** ,1945
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Saturday Evening Post ,1930 **The Producer** ,1929 **American Independent Baker** ,1929 The Current Business
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