

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 This Month

Patrick Vollmar



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cigars of the pharaoh french les cigares du pharaon is the fourth volume of the adventures of tintin the series of comic albums by belgian cartoonist hergé commissioned by the conservative belgian newspaper le vingtième siècle for its children s supplement le petit vingtième it was serialised weekly from december 1932 to february 1934

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alors qu il vogue vers port saïd en compagnie de son brave milou tintin fait la rencontre de philémon siclone un extravagant égyptologue parti à la recherche du tombeau du pharaon kih oskh france culture la comédie française moulinart

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in les cigares du pharaon the detectives did not have a name yet but instead were referred to as x33 and x33bis x33 and x33a in english several other characters make their first appearance in this album rastapopoulos allan thompson and olivier da

figueira

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avec 250 millions d exemplaires vendus les aventures de tintin font partie des bandes dessinées européennes les plus célèbres et plus populaires du xx^e siècle 1 tintin au pays des soviets 01 1930 2 tintin au congo 01 1931 3 tintin en amérique 01 1932 4 les cigares du pharaon 01 1934 5 le lotus bleu 01 1936 6

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les aventures de tintin reporter en orient les cigares du pharaon par hergÉ Éditions casterman paris tournai 0 demain mon cher milou nous serons À port saïd oÙ nous ferons escale et puis encore une escale bombay puis une a colomb0 dans l ile de ceylan

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résumé dans les cigares du pharaon 1934 tintin se trouve impliqué par hasard et malgré lui dans un trafic de stupéfiants qui va l entraîner jusqu en inde entre temps il aura rencontré dupond et dupont deux policiers balourds dont les rôles vont s affirmer progressivement caractéristiques voir tout date de parution mai 1993 editeur

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cigars of the pharaoh part 1 episode aired nov 25 1991 tv g 24m imdb rating 7 4 10 422 your rating rate animation action adventure while on vacation in egypt tintin is accused of drug smuggling and later becomes the target of a secret society director stéphane bernasconi writers aaron barzman robert réa hergé stars

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les cigares du pharaon ce quatrième épisode de la série premier album paru exclusivement chez casterman les précédents

étaient estampillés Éditions du petit vingtième sous le titre les aventures de tintin reporter en orient les cigares du pharaon est sorti à l'automne 1934

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les cigares du pharaon cigars of the pharaoh is one of tintin's earliest adventures he and snowy are on a cruise to egypt when they happen to meet professor sophocles sarcophagus the first of tintin's absent minded professors and join his expedition

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les cigares du pharaon est un album de bande dessinée le quatrième des aventures de tintin créées par le dessinateur belge hergé l'histoire est d'abord publiée en noir et blanc de façon hebdomadaire dans le petit vingtième sous le titre les aventures de tintin en orient du 8 décembre 1932 au 8 février 1934 pour un total de 124

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jun 26 2021 les cigares du pharaon dessin animé durée 41 min année 1992 producteur s ellipse anim nelvana france 3 m6 tintin en lutte contre les trafiquants de drogue de l egypte à l inde rencontre des personnages qu il retrouvera souvent sur sa route des crapules comme le marin allan thomson ou l énigmatique rastapopoulos

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