



morning Routine Checklist

- Avoid checking phone or social media immediately
- Drink a large glass of water to rehydrate your body
- Take deep breaths or practice breathing exercises
- Make your bed to create sense of accomplishment
- Take a refreshing shower (cold water for energy boost)
- Style hair and complete grooming routine
- Apply sunscreen if you'll be spending time outdoors
- Limit caffeine intake to avoid afternoon crashes

Be patient with yourself as you develop new habits

Morning Routine Update

M Mark



Morning Routine Update:

Morning Routine Update Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Morning Routine Update**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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web in the short story gore by sarah ellis the character of amy is able to effectively deceive her brother lucas that there is an alien like creature in the house in order to get her book back soon after their parents go out to do the usual saturday grocery lucas grabs the book from amy s hands and hides inside the washroom

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web ellis was born in vancouver british columbia canada in 1952 the youngest of three children in her family as she once noted my joy in embroidering the truth probably comes from my own childhood

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web short story gore by sarah ellis how we can relate to this story images how people can relate to this story is that everyone has that one person that always finds a way to annoy them rather it be a family member or a really good friend character

selection the character that i ve selected is lucas lucas is a

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web feb 15 2015 setting time this was taken place in amy and lucas house specifically the front door washroom living room and their hallway this story takes place on a saturday afternoon the peace keeping forciers are out at mega foods doing the saturday shop ellis 5 initiating incident marcus denouement

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web nov 3 2017 outline 11 frames reader view gore by sarah ellis main conflict the main conflict in the story was when the brother lucas took his sisters favourite book and ran to the washroom to keep amy from getting the book they fought for a good amount of time also the type of conflict that was happening in the story was person vs person

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web in numerous ways amy reveals herself to be resourceful throughout the short story gore by sarah ellis her resourcefulness is demonstrated by her imaginative spirit and capability to think outside of the box her intelligence and her willingness to persevere even when faced with obstacles throughout the journey

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web two 2 specific details from the story to support your opinion we get a biased view of lucas because the narration is in 1st person the reader doesn't get to see lucas point of view maybe amy bullies him about academics amy doesn't really have good opinion of her brother lucas is more like an unevolved thugoid

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