



# MY IDEAL

*morning*

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# 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 Returns

**Yan Bai**



## **Morning Routine Best Returns:**

**The Peak Performing Teacher** Mike Kuczala, 2022-01-27 Develop and implement an action plan for self care Cultivating focus re energizing oneself and improving daily habits are essential for educators well being and the good that they pass along to students Mike Kuczala asserts that educators greatest tool is a mirror in it teachers will find their greatest advocate for personal growth power wellness and vision themselves 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 Grounded in new research connecting personal change to professional improvement Kuczala s approach to well being builds a bridge between mind and body to create a comprehensive path for success

**Return on Ambition** Nicolai Chen Nielsen, Nicolai Tillisch, 2021-01-05 How do you become highly successful while living a fulfilling life and growing as a person Most ambitious people struggle in at least one of these areas yet they feel they don t have the tools to improve their situation Return on Ambition is the culmination of an ambitious effort to harness insights from recent research in psychology and neuroscience to help people pursue their ambitions more fruitfully The result is a radical and holistic approach to achievement growth and well being that includes The Return on Ambition Self Assessment instructive clear measures of how well you are currently doing in getting the return you aspire to The Trinity of Achievement Growth and Well Being research and wisdom that show that compromises in any of these three elements will cause declines in the others over time The 7 Frenemies descriptions of personal attributes that are your core strengths as an ambitious person but that can also be the biggest obstacles to your success and fulfillment in life The Return on Ambition Toolbox 4 tools that will help you articulate and pursue your ambition expand your self awareness and help you learn consciously 4 Self Coaching Sessions instructions for 30 60 minute contemplations inspired by thought provoking questions Nielsen and Tillisch have tried and tested experience inside the world of grand ambitions This means that readers will find not only concepts brought to life with rich interviews and stories but also two authors who inherently understand their audience Nicolai Chen Nielsen is an associate partner at McKinsey Company where he advises clients on leadership development culture change and agile transformations He is the co author of Leadership at Scale and has published several articles on personal development He is currently based in New York with his wife Samira and their two dogs Napoleon and Caesar Nicolai Tillisch works with Cultivating Leadership the global coaching firm and is a co founder of Deliberate Development the venture behind the StepUpYourDay software solution He has been a consultant with McKinsey Company and was an executive with DDB Worldwide Hutchison and Nokia Siemens Networks Nicolai lives with his wife Ida and their children Margaux and Axel in Denmark

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Swift Dunster, Frank Pierce Foster, James Bradbridge Hunter, Charles Eucharist de Medicis Sajous, Gregory Stragnell, Henry J. Klaunberg, Félix Martí-Ibáñez, 1908 *My Experiences While Out of My Body and My Return After Many Days* Cora Linn Victoria Richmond, 1915 **Return ... Feb. 22, 1849** Canada. Police Office, 1849 *Legislative Documents Compiled by Order of the ... General Assembly* Iowa. General Assembly, 1889 *Legislative Documents Submitted to the ... General Assembly of the State of Iowa* Iowa. General Assembly, 1890 *New York Medical Journal, and Philadelphia Medical Journal*, 1908 **World Fiction, Today's Best Stories from All the World**, 1922 **Operative Therapeutics** Alexander Bryan Johnson, 1915 1999 Gift of Dr George R Wilkinson Owned by Dr Theodore McC Davis **Chinese Affairs ...**, 1921 *The New Zealand Journal of Science and Technology*, 1930 *Chinese Recorder and Missionary Journal*, 1921 **Operative therapeutics. v.4** Alexander Bryan Johnson, 1915 *Biennial Report of the Trustees, Superintendent and Treasurer of the Iowa Hospital for the Insane at Mt. Pleasant* Iowa Hospital for the Insane at Mount Pleasant, 1883 *Accounts and Papers of the House of Commons* Great Britain. Parliament. House of Commons, 1872 Legislative Documents Iowa, 1890 Contains the reports of state departments and officials for the preceding fiscal biennium *Office Appliances*, 1923 Hernia, abdomen & contents, rectum, kidney, bladder, prostate Alexander Bryan Johnson, 1916 The Weekly Underwriter, 1921

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