

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

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Divine Deals M. W. McLeod, 2022-07-22 When Ellyria's mother arrives with a gift and a secret that must be kept at all costs the couple upend their lives in order to protect their family but keeping things from the likes of Heaven and Hell prove difficult. With one weak link primed to force judgement over all those involved they must prepare for enemies from all sides to appear at their doorstep. This book was originally published as *Fine Print Book 3 of the Terms and Conditions trilogy*

The Churchman, 1889

101 Tips to Ace Your Promotional Exam Steve Prziborowski, 2021-01-13 Chief Steve Prziborowski

reveals more than 101 tips for getting promoted and becoming a vital asset to your fire department family and community.

From soft skills to hard truths this book covers what you need to move up the ranks the right way. FEATURING Sound advice for personal growth and personal improvement for any firefighter of any rank who wishes to advance. Insights tricks and tips for avoiding the pitfalls while preparing for a comprehensive promotional testing process.

Bonus Guidance from 37 professional knowledgeable fire service veterans. What others are saying Just like firefighting getting promoted and moving up isn't something you can succeed in alone it takes a team. Steve has assembled a whole bunch of good fire service veterans

who own their very personal experiences bumps and bruises along with their successes to help you figure this out. Sit back and prepare to soak up decades of advice based on experience so you can start the climb up.

Deputy Chief Billy Goldfeder Proudly bumped and bruised since 1973 After years of teaching thousands of aspiring fire rescue officers Steve Prziborowski

has documented his highly successful training information. You need this book if you are looking to get the edge up on the competition and demonstrate to the hiring authority that you are ready for the job. If you are serious about being a successful

fire rescue officer at any rank do yourself a favor and add this text to your personal library today.

Fire Chief Dennis L Rubin Committing to taking a promotional exam requires a Herculean effort a never looking back attitude and a willingness to give up your life as you know it until the exam is over.

The book is an invaluable resource to guide your journey. Study hard and then study harder. Good luck.

Deputy Chief Ret Anthony Avillo North Hudson Regional NJ Fire and Rescue

Integration of location based services into the social CRM strategy Annelie Roggenkamp, 2013-05-31 Master's Thesis from the year 2012 in the subject Business economics Offline Marketing and Online Marketing grade 1.0 Berlin School of Economics and Law

course International Marketing Management M A language English abstract This thesis aims at critically analyzing

Foursquare from a customer relationship management CRM perspective. After elaborating on CRM and carefully scrutinizing the mobile application and its functions the author aims at investigating how Foursquare can be used as a CRM tool

throughout the customer relationship life cycle. Since large companies managing renowned brands usually have more

sophisticated tools to enforce their CRM strategy this thesis is less concerned with those large enterprises but rather focuses on small local businesses that decide to enter the realm of customer relationship management

Monthly Bulletin New York (N.Y.). Department of Health, 1920

Editor & Publisher, 1952 The fourth estate

Once a Week Eneas Sweetland

Dallas,1879 **The Lancet** ,1873 *Real Estate Today* ,1976 Publishers' circular and booksellers' record ,1872
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