



# MY IDEAL

# *morning*

@myjourney.app

## ROUTINE



### 1. WAKE UP

6.20am



### 4. EXERCISE

7.00am



### 7. HAIR + MAKE UP

7.45am



### 2. JOURNAL

6.25am



### 5. HOT BATH

7.15am



### 8. BREAKFAST

8.00am

500ML



### 3. HYDRATE

6.40am



### 6. DRESS

7.25am



### 9. START YOUR DAY

8.15am

# Morning Routine This Week

**Jeff Sanders**

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the name bar.

## **Morning Routine This Week:**

*30-Day Guidebook* Thomas E. Newell, 2022-11-17 The 30 Day Guidebook is a simple day by day record keeping of your consciousness actions awareness routine to align yourself on your spiritual path You have a daily spiritual video from Sadhguru to listen to a daily lesson and a task to better understand how to organize your body and mind This will get you into a state of mind to know and connect to your true inner self When you align with the energy source around you it will in return give you signs to follow When I ran into Deepak Chopra on the street I knew it was a sign that I was on my spiritual path Let go of what you think your life should be and let the source of energy guide you on your path called your life

**Highly Sensitive Person's Companion** Ted Zeff, Ph.D., 2007-03 Day to Day Help for Highly Sensitive People About one in every five of us has a nervous system that is especially acute and finely tuned If you re in this group on one hand it s a great gift You re creative compassionate and you deeply appreciate subtlety and beauty in the world On the other hand you may be more easily disturbed by noise bright lights strong scents crowds and time pressure than the less sensitive among us In his first book *The Highly Sensitive Person's Survival Guide* author Ted Zeff presented ways to manage your heightened sensitivity Now in this take along daily companion he offers practical tips and exercises you can use to find inner peace in any environment Each chapter of *The Highly Sensitive Person's Companion* addresses overstimulation as it occurs in a specific aspect of life relationships work daily pressures exercise and more Let this book be your pocket sized guide to finding the calm you need to enjoy and thrive with your heightened sensitivity without feeling overwhelmed Many new ideas to help highly sensitive people thrive Elaine Aron Ph D author of *The Highly Sensitive Person* *The Highly Sensitive Person's Daily Companion* is a wellspring of practice advice for people who feel chronically overwhelmed This proactive guide will help you take control of your environment your relationships and your emotions Linda Johnsen author of *Lost Masters* and *A Thousand Suns* **Harper's Weekly** ,1892 **Posture Health** Felicia Dunbar, AI, 2025-03-12 *Posture Health* explores the vital connection between spinal alignment and overall well being particularly as we age It highlights how poor posture isn t just an aesthetic issue it can lead to chronic pain reduced mobility and even respiratory problems Intriguingly the book reveals how posture analysis techniques have evolved and emphasizes the significance of spinal alignment in various medical traditions The book details the anatomy of the spine and how posture changes from childhood through adulthood addressing degenerative issues like disc compression It offers practical solutions including specific exercises for core strength and flexibility and ergonomic adjustments for daily activities By integrating these posture improving habits readers can proactively manage their spinal health The book progresses logically starting with core concepts and moving into practical applications for improving and maintaining posture It aims to empower readers to take control through actionable advice making it a valuable resource for anyone interested in proactive health management and wellness **The 5 A.M. Miracle** Jeff Sanders, 2015-12-01 Begin your day the right way with this blueprint for maximizing productivity perfecting your

schedule and making more time to enjoy life The 5 A M Miracle is a resource guide for high achievers It provides a seven step blueprint for anyone looking for a structured system that will hone their passions clarify their big goals and produce real amazing results Productivity coach Jeff Sanders is a big fan of early mornings But his blueprint is about more than just waking up early It s about intentionality In The 5 AM Miracle Jeff breaks down an easy to follow system of healthy habits daily routines and productivity strategies It s more actionable content than you could possibly imagine He then summarizes this multitude of ideas into a clear thirty day action plan     *The Publishers Weekly* ,1893     **Professional Papers** ,1887  
**Business Week** ,2007     The Cornell Era ,1899     *The household oracle, ed. by A.H. Miles* Alfred Henry Miles,1897  
The Self-Care Plan for Teachers Ashley LaGrow,2025-06-17 Prioritize your mental health and create a more successful classroom Teaching is as demanding as it is rewarding and focusing on self care will help you feel your best so you can be there for your students Find practical ways to prioritize your well being with this self care guide created especially for teachers It s organized to help you through the entire school year with weekly prompts practices and tips to help you alleviate stress and feel energized to take on the next lesson A plan for the year Feel great with 36 weeks of inspiration and self care activities including taking yourself on a field trip creating a gratitude jar and indulging in your favorite food Time to reflect Solidify your self care routine as you think about the benefits of each week s activities from setting intentions to keeping a calendar and making time to have fun Brighten your outlook Cultivate a sense of calm with uplifting affirmations that help you adopt a more positive mindset and keep you centered Discover how you can manage school year stresses with advice from this supportive self care book     Teachers Monographs ,1921     **Publishers' Weekly** ,1893     *Journal of the ... Annual Convention, Diocese of Vermont* Episcopal Church. Diocese of Vermont. Convention,1871     The Wine Trade Creditors Association Weekly Gazette ,1888     Eight Weeks to Optimum Health Andrew Weil,2006 Presents a program for improving and maintaining health illuminating ways to optimize individual healing power covering such areas as diet exercise lifestyle stress environment supplements and other factors that influence health     *Co-operative News and Journal of Associated Industry* ,1891     **Annual Report** Great Britain. Local Government Board,1874 Supplements to the Board s Annual report include the Report of the medical officer     *Pragmatics and Language Learning* ,1996     *Annual Report of the Local Government Board ...* Great Britain. Local Government Board,1874 Supplements to the Board s Annual report include the Report of the medical officer

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jan 10 2019 gorillas gorilla sp and chimpanzees pan troglodytes live in sub saharan africa and bonobos pan paniscus live exclusively in the democratic republic of congo apes are gregarious animals with the exception of the orangutan pongo sp which maintains a mostly solitary lifestyle

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the troops are typically composed of 2 to 30 members from which 1 to 4 are male adults and the rest are blackbacks adult females and their offspring groups of western lowland gorillas gorilla gorilla gorilla appear to be smaller up to 5 individuals

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where do western gorillas live western gorilla habitat the habitats of western gorillas gorilla gorilla lay at the western side of congo river they live in montane forests as well as in lowland swamp forests in contrast to eastern gorillas western gorillas live at lower altitudes about 490 to 5 200 feet above the sea level

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gorillas live in small groups called troops or bands in each troop there is one dominant male silverback some female gorillas and their offspring gorillas live around 35 years they can live longer up to 50 years in captivity they sleep at night in nests baby gorillas will stay in their mother s nests until they are around 2 ½ years old

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feb 6 2020 a gorilla family is called a troop it is the main social unit of gorillas troops range in size from 5 to 30 gorillas the head of each family is an adult male gorilla called a silverback as a male grows older and stronger the hair on his back slowly turns gray

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gorillas live in groups called troops troops tend to be made of one adult male or silverback with a harem of multiple adult females and their offspring however multiple male troops also exist

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mountain gorillas have families too a gorilla family group is called a troop each troop is made up of 5 to 30 individuals the biggest gorilla group known to date was found in rwanda s volcanoes national park it consisted of 65 individuals for a short period

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gorillas up close christena nippert eng 2016 04 19 stunning photographs an eye catching design and complete with anecdotes and facts urban gorillas explores the lives of two resident troops of gorillas at the lincoln park zoo with histories and biographical details for each ape this book immerses readers in the gorillas

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gorillas are the largest primate in the world and live in family groups called troops this lively caption book explains the composition of a typical troop to young readers and gives a peek into the lives of these captivating primates

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do gorillas live in families gorillas are social animals who usually form harems one silverback male lives together with several adult females and their offspring however in mountain gorillas about 40 of groups contain several adult males who are closely related

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dec 29 2022 they are active during the day and primarily move to feed learn more about the toughest animals in the world here male gorillas can grow to nearly five and a half feet tall with their weight ranging between 300 and 485 pounds females generally stay below five feet tall and weigh 150 to 200 pounds

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