



Morning Routine

TO SET UP YOUR DAY FOR SUCCESS

- Don't check your phone for the first 15 minutes
- Journal 3 things you are grateful for
- Make your bed
- Drink 500 mL of water
- 5-10 minute stretch
- Brush your teeth & was your face
- Work out for 20 minutes
- Take a cold shower
- Meditate
- Take probiotics & vitamines
- Coffee time!
- Read an article about something you want to learn about while eating
- Review your schedule to check for meetings
- Write your to-do list for the day
- Get your day started! You got this!

JoannaPakier.com

Morning Routine Memes Today Guide

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Scripting the Life You Want Royce Christyn,2020-04-07 A step by step guide to the process of scripting your future and successfully manifesting what you want in life Explores the science behind how the scripting method works and shares the vivid journal entries from the author s big breakthrough when he successfully used his method to land a lead role on a TV show Details how the understanding of incredible new and until now mostly unheard of scientific discoveries and emerging technologies is the most important key to creating and manifesting in your life Reveals fun easy tools for manifesting and self help updated for a new generation In this step by step guide filled with success stories and practical exercises Royce Christyn details a simple scripting process for harnessing the Law of Attraction and manifesting what you want in your life happiness wealth travel love health the perfect career or simply a productive day The process is backed by science and experience yet it feels like magic And all you need is a pen and paper Inspired by New Thought and Positive Thinking classics Christyn explains how he developed his scripting method through 4 years of trial and error keeping what worked and dropping what didn t until he brought his success rate from 5% to nearly 100% Sharing pages from his own journals he outlines how to create the life you want with daily journaling exercises beginning with a simple list making practice to figure out your wants and intentions and then progressing to actual scripting of your future whether the next 12 hours or the next 10 days He shows how over time your scripts will increase in accuracy until they

converge with reality He shares the vivid entries from his big breakthrough when he successfully used his method to land a lead guest starring role on Disney Channel's Wizards of Waverly Place with Selena Gomez He explores how feeling your future success as you write your daily scripts helps attract your desired outcomes and he shares the key phrases to include to make your script come true The author also explores the science behind how the scripting method works including a down to earth examination of quantum mechanics From small dreams to lifelong goals this book gives you the tools to put your thoughts into action and finally close the gap between where you are and where you want to be in your life ***The Magazine of Business*** ,1916 ***Still Standing, Still Smiling*** Dr I Pearson,2025-03-24 A warm honest empowering woman to woman guide offering my practical advice for navigating uncertain times with resilience grace and humour Covers menopause stress finances relationships and body confidence as well as our beauty and hygiene helps women stay grounded in a world that feels increasingly chaotic With a mix of personal insight emotional support and everyday survival tools this free guide aims to help you adapt protect your peace and still smile You're not alone and you're stronger than you think ***Radio Daily*** ,1942 vols for 1945 include Shows of tomorrow annual ed ***Drum*** ,2008 ***The British National Bibliography*** Arthur James Wells,2000 ***Saturday Review of Literature*** ,1932 ***Paperbound Books in Print*** ,1970 ***Design*** ,1972-08

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