

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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Victor M. Corman

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Estimating Building Costs for the Residential and Light Commercial Construction Professional Wayne J. Del Pico, 2012-04-30 How to succeed in the construction business step by step guidelines for estimating To be competitive contractors and homebuilders need to know how to generate complete accurate estimates for labor and material costs This book guides readers through the entire estimating process explaining in detail how to put together a reliable estimate that can be used not only for budgeting but also for developing a schedule managing a project dealing with contingencies and ultimately making a profit Completely revised and updated to reflect the new CSI MasterFormat 2010TM system the Second Edition of this practical guide describes estimating techniques for each building system and how to apply them according to the latest industry standards Cost considerations and quantity takeoff and pricing are included for virtually every type of work found in residential and light commercial projects from demolition concrete and masonry to windows and doors siding roofing mechanical and electrical systems finish work and site construction Complete with many new graphics and references to professional construction cost databases the new edition provides experienced contractors and novices alike with essential information on How to correctly interpret plans and specifications reflecting updates to contract documents since the first edition Computer estimating techniques and new estimating software for performing quantity takeoff The best methods for conceptual estimating as well as the extremely useful topic of parametric estimating How to allocate the right amounts for profit and contingencies and other hard to find professional guidance How a unit price estimate is built along with labor issues and budgeting for subcontractor work

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, 1987 Conservation of Historic Buildings Bernard Feilden, 2007-06-07 Since its publication in 1982 Sir Bernard Feilden s Conservation of Historic Buildings has become the standard text for architects and others involved in the conservation of historic structures Leading practitioners around the world have praised the book as being the most significant single volume on the subject to be published This third edition revises and updates a classic book including completely new sections on conservation of Modern Movement buildings and non destructive investigation The result of the lifetime s experience of one of the world s leading architectural conservators the book comprehensively surveys the fundamental principles of conservation in their application to historic buildings and provides the basic information needed by architects engineers and surveyors for the solution of problems of architectural conservation in almost every climatic region of the world This edition is organized into three complementary parts in the first the structure of buildings is dealt with in detail the second focuses attention on the causes of decay and the materials they affect and the third considers the practical role of the architect involved in conservation and rehabilitation As well as being essential reading for architects and others concerned with

conservation many lay people with various kinds of responsibility for historic buildings will find this clearly written jargon free work a fruitful source of guidance and information **Building** ,1920 The Builder ,1891 *The Chartered Surveyor* ,1964 *Byte* ,1988 Cost Engineering ,1987 **Personal Computer Magazine** ,1990 Builder's Office Manual Michael C. Thomsett,1987 How to create routine ways of doing all the things that must be done in every construction office in the minimum amount of time at the lowest cost and with the least supervision possible Computer Gaming World ,2003 Transactions of the American Association of Cost Engineers American Association of Cost Engineers. National Meeting,1974 The Journal of the Chartered Institution of Building Services Chartered Institution of Building Services,1981 **Resources in Education** ,2001 *The Software Encyclopedia* ,1988 Marketing and the Computer Wroe Alderson,Stanley J. Shapiro,1963 **Buildings** ,1988 The Construction and Building Management Journal Hardcopy ,1985

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