

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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Reflections for Daily Prayer Advent 2023 to Christ the King 2024 Ally Barrett,2023-05-31 Reflections for Daily Prayer continues to be one of the most popular and highly valued daily Bible reading companions Continuing its tradition of excellence regular favourites and new contributors offer insightful informed and inspiring reflections on the scripture readings of the day based on the Common Worship lectionary for Morning Prayer Stephen Cottrell the Archbishop of York is the guest contributor for Holy Week New voices this year include Gregory Cameron the Bishop of St Asaph and author of the popular An Advent Book of Days and An Easter Book of Days Chine MacDonald author broadcaster and Director of the religious think tank Theos and Emma Parker Deputy Warden of Cranmer Hall Durham For every day excluding Sundays of the 2023 24 church year there are full references and a quotation from the day s set of Scripture readings concise and challenging commentary and a collect Also included is a simple order for Morning and Night Rrayer and additional helps for nurturing a habit of regular daily prayer [Reflections for Daily Prayer: Advent 2022 to Christ the King 2023](#) Steven Croft,Helen-Ann Hartley,Graham James,2022-05-31 Reflections for Daily Prayer continues to be one of the most popular and highly valued daily Bible reading companions Regular favourites and new contributors offer insightful informed and inspiring reflections on the scripture readings of the day based on the Common Worship Lectionary for Morning Prayer

[Congressional Record](#) United States. Congress,1981 *History for the IB Diploma Paper 2 Evolution and Development of Democratic States (1848-2000)* Jean Bottaro,John Stanley,2015-12-03 Comprehensive second editions of History for the IB Diploma Paper 2 revised for first teaching in 2015 This coursebook covers Paper 2 World History Topic 9 Evolution and Development of Democratic States 1848 2000 of the History for the IB Diploma syllabus for first assessment in 2017 Tailored to the requirements of the IB syllabus and written by experienced IB History examiners and teachers it offers authoritative and engaging guidance through the following detailed studies from around the world South Africa India Germany and the USA [USA Today](#) ,1995 [Science](#) John Michels (Journalist),1889 A weekly record of scientific progress [Seasoned](#)

Tom Zink, Tom Zink was born in a blizzard in 1947 a child of winter Seasoned A Memoir of Grief and Grace is the story of Tom s unwitting grief journey of five decades that begins when his older brother Steve is hit by a car and killed while on the paper route the two boys shared It s the story of a conservative German Lutheran family and the ways in which the parents and surviving children protect each other in loss with a silent acceptance that does not serve them in the long run Tom buries his grief along with his brother so he can carry on with his life His career after high school takes him around the world across the country and back again It is only after Tom is married and a father of two teen aged sons that in a moment of profound grace he realizes the depth and importance of his loss His faith and new found desire as an adult to process Steve s death take Tom full circle back to his brother s grave But this is not merely a story of grief and recovery it is also a tender and lighthearted look at humor and laughter winning and losing and doubt and faith [International Commerce](#) ,1966

Bulletin - U.S. Coast Guard Academy Alumni Association United States Coast Guard Academy. Alumni Association,2000

Young England ,1881 Reflections for Daily Prayer 2021-22 Kate Bruce,2021-05-30 Reflections for Daily Prayer is a highly valued daily Bible companion based on the Common Worship Lectionary Each day Monday to Saturday some of the very best writers from across the Anglican tradition offer insightful informed and inspiring reflections on one of the day's readings for Morning Prayer bringing together exciting new voices and familiar names Their reflections will appeal to anyone who values both the companionship of daily Bible notes and the structure of the Lectionary For every day excluding Sundays of the 2021 22 church year there are full references and a quotation from the day's set of Scripture readings concise and challenging commentary on the readings and a collect In addition the book includes a simple order for morning and night prayer an introduction to the practice of daily prayer by Bishop Rachel Treweek and a guide to reading the Bible reflectively by Bishop Stephen Cottrell *Church missionary gleaner [afterw.] C.M.S. gleaner [afterw.] The Church missionary outlook [afterw.] The C.M.S. outlook* Church missionary society,1878 *No Walls Between Us* Naomi Horton,1999-09

The Edinburgh Review ,1877 **Public Health** ,1896 Includes the transactions of the Society of Medical Officers of Health

American Monthly Review of Reviews Albert Shaw,1893 *Work-Life Balance: Essential or Ephemeral?* Andreas Schwingshakl,Stephanie A. Cormier,Kanwaljeet J. S. Anand,2017-09-28 Burn out and suicide rates among physicians and scientists in academic medicine are at an all time high and jeopardize the future of our entire profession In the last 4 years alone burn out rates among physicians have increased by 25% In a recent 2017 Medscape publication burn out rates in Critical Care physicians ranked in 9th place and Pediatricians ranked 13th among 27 subspecialties Astonishingly over 50% of the participants reported burn out symptoms with clear race and gender disparities While men generally report higher burn out rates than women it is important to emphasize that response rates from women in these surveys were notoriously low and may not represent the complete picture These numbers are even more dismal for tenured academic faculty at research extensive universities In this group emotional exhaustion i.e high burn out is reported at 35% with a clear association with age and lower burn out levels in the older tenured faculty While no gender or racial ethnic differences were found in this particular group higher levels of burn out were identified in individuals with financial responsibilities beyond a spouse and child While it is comforting to note the increasing public interest and research activities in this field successful approaches to ameliorate the burden and consequences of physician burn out are still inadequately developed Academic centers increasingly offer some type of work life balance program to their employees but unfortunately these programs are frequently adopted from corporate business models and remain largely ineffective in the academic environment It should be evident to most administrators that the stressors of academic clinicians and scientists substantially differ from those of corporate employees Based on these observations and over 75 years of combined experience in academic medicine amongst the three editors of this Research Topic we collected 26 manuscripts from 22 authors at different career stages and different

genders ethnicities marital status and subspecialties to identify and stratify common and specific stressors and therapeutic approaches to ameliorate burn out and achieve work life balance in academic medicine We are confident that each reader will identify with at least one if not several of the authors opinions experiences and approaches to attain greater work life balance and thereby avoid the consequences of burn out in modern academic medicine **Madison Hall Notes** ,1900

Christian Living ,1960 *Goa Today* ,1974

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