

Morning Routine Checklist

44 ideas to help you create a plan you'll stick to



- ☐ 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



- ☐ take a shower
- ☐ wash face
- ☐ style hair
- ☐ apply makeup
- ☐ put on an outfit you feel good in
- ☐ put on sunscreen
- ☐ brush teeth
- ☐ floss

- ☐ 5 min stretch
- ☐ walk
- ☐ workout
- ☐ take vitamins
- ☐ make a healthy breakfast
- ☐ yoga
- ☐ put on a face masque
- ☐ cold exposure



- ☐ do a quick tidy
- ☐ wipe down counters
- ☐ set the mood in your space
- ☐ start a load of laundry
- ☐ prep dinner

- ☐ 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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Royal United Service Institution (Great Britain)



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Creating Healthy Routines - Developing Daily Habits that Promote Overall Well-Being Namaskar Books,2024-11-20

Transform your life with the power of healthy routines in *Creating Healthy Routines Developing Daily Habits that Promote Overall Well Being* This book provides practical strategies to build lasting habits that improve your physical mental and emotional health leading to a more balanced and fulfilling life What if the secret to a better life was as simple as your daily habits Discover how creating intentional routines can set you up for success bringing stability and well being into every area of your life But here s the challenge How can you turn positive habits into daily routines that stick Inside you ll find easy to follow steps to establish habits that support your health productivity and happiness helping you feel your best every day From morning rituals that boost energy to evening practices that ensure restful sleep this book covers all aspects of daily life showing you how to make small changes that lead to big results over time You ll learn how to prioritize self care stay motivated and create routines that work for you Are you ready to start living your healthiest life Open *Creating Healthy Routines* and begin building habits that will serve you for a lifetime It s time to stop feeling overwhelmed and start embracing routines that bring you peace and well being This book will guide you step by step in crafting a daily life full of intention and purpose Ready to transform your habits and health Purchase *Creating Healthy Routines* now and take the first step toward a healthier happier you

Everyday Activities to Promote Visual Efficiency Ellen Trief,Rona Shaw,2009 Early intervention services are essential for infants and toddlers who are visually impaired and have some functional vision that they will be able to use for everyday activities not only to ensure their early development but also to help them learn to use their vision with maximum effectiveness right from the start *Everyday Activities to Promote Visual Efficiency* offers guiding principles for early intervention with very young children who are visually impaired and who may also have additional disabilities This important new resource provides simple activities that can be incorporated easily by families and service providers into the everyday routines of a baby or child to facilitate early visual development and use of functional vision

The Acupressure Handbook: Ancient Healing Techniques for Today's World Mei Lin Zhang,2023-01-01 A single touch can change a life Discover the powerful healing techniques of acupressure with *The Acupressure Handbook Ancient Healing Techniques for Today s World* This comprehensive guide takes you on a journey through the world of acupressure a time tested practice that has been used for thousands of years to promote wellness relieve pain and restore balance In this essential resource you ll find An introduction to acupressure and its origins in traditional Chinese medicine Detailed explanations of the meridians and pressure points that are the foundation of acupressure practice Step by step instructions for performing acupressure techniques with illustrations to guide your way Specific acupressure routines for a variety of common ailments including headaches back pain digestive issues and insomnia Advanced techniques to enhance your overall well being such as using acupressure for emotional healing and stress relief The connection between acupressure and other

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first time parents are only partially prepared to embrace the joys and struggles of parenting Also each child no matter where they are in the birth order in a family is a unique being requiring parents to adapt their parenting style to meet the needs and navigate the challenges of each child The book s information and suggestions are based on the latest research and best practice recommendations in child development and clinical child and adolescent psychology They also come from the author s experience as a child adolescent father grandfather clinical child and adolescent psychologist and educator for child psychology doctoral students and child psychiatry fellows The first three chapters cover what to expect in each stage of normal development which provides perspective on what to expect as a child moves from toddler to high schooler Knowing what to expect provides guidelines for providing appropriate nurturing and structure for each stage of development Human behavior is all about the brain Once parents understand the basics of neurodevelopment they can encourage and support the healthy development of critical executive functions that enable children to learn adapt to change interact appropriately with others and navigate the challenges and disappointments in life Also continuously focusing on building and growing connectedness and supporting a healthy lifestyle for all family members substantially contributes to each member s general well being and for the family unit s good Chapters four through eight help parents and children develop skills for mutually beneficial interaction These skills will allow you to avoid and work through conflicts when necessary Chapters nine through eleven provide how to guides for handling common parent child conflict scenarios Each chapter provides examples and easy to follow steps to implement the suggestions for each stage of development toddler preschool school age middle school and high school The appendix provides guidance on when to seek professional help links to valuable resources and directions and charts for implementing evidence based solutions for parent child and family problems and promoting positive relationships

Teach Skills and Break Habits Dan St. Romain, 2018-06-13 Good behavior is a skill that can be taught and developed through practice It just requires a shift in our perspective If you have tried behavior folders clip systems or other interventions based on punishments and rewards you ve probably discovered these one size fits all approaches to behavior management all too often prove to be ineffective with the very students they were designed to help Teach Skills and Build Habits explores the reasons why what we ve been doing isn t working and how to find a new path and process that will lead to better behavior in the classroom as well as success for students beyond their school years This book is for you if You are an educator looking for help with student behaviors You spend more time managing behaviors than teaching Your current methods don t seem to be working You are looking for practical behavior strategies that can be used in a variety of settings You will be empowered to Focus on behavior change as a process of continual improvement Use behavior concerns as an opportunity to teach your students skills Help your students build on their gifts accept their challenges and practice areas of concern Build a foundation of good behavior in your students by establishing healthy relationships and creating a positive classroom climate Guide to Promotion for Non-commissioned Officers and Men of the Royal Army Medical Corps ...

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