



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!

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Electric Vehicles In Shared Fleets: Mobility Management, Business Models, And Decision Support Systems Kenan Degirmenci, Thomas M Cerbe, Wolfgang E Pfau, 2022-04-28 The electrification of shared fleets offers numerous benefits including the reduction of local emissions of pollutants which leads to ecological improvements such as the improvement of air quality. Electric Vehicles in Shared Fleets considers a holistic concept for a socio technical system with a focus on three core areas integrated mobility solutions business models for economic viability and information systems that support decision making for the successful implementation and operation of electric vehicles in shared fleets. In this book we examine different aspects within these areas including multimodal mobility grid integration of electric vehicles shared autonomous electric vehicle services relocation strategies in shared fleets and the challenge of battery life of electric vehicles. Insights into the future of transport are provided which is predicted to be shared autonomous and electric. This will require the expansion of the charging infrastructure to provide adequate premises for the electrification of transportation and to create market demand.

Morning Routines Mira Skylark, AI, 2025-03-06 Morning Routines explores how a structured start to the day can significantly boost productivity enhance mental well being and improve physical health. The book argues that a consistent personalized morning routine incorporating elements like mindful hygiene proper nutrition and energizing movement is a proactive strategy against daily stress. It delves into the science and psychology behind habit formation and the circadian rhythm illustrating how deliberate choices made in the first few hours after waking can dramatically influence energy levels focus and overall mood. One intriguing insight is the connection between morning activity and physiological regulation which impacts mood and focus throughout the day. The book's unique value lies in its emphasis on individualization encouraging readers to adapt routines to their specific needs and preferences rather than offering a one size fits all solution. Morning Routines progresses from foundational principles and sleep science to specific strategies for designing personalized routines including optimizing sleep incorporating exercise and mastering mindful practices. It culminates in a practical guide to implementation and maintenance addressing common obstacles and offering tailored solutions for personal development and overall wellness.

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