

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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Rachel Singer Gordon

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ADD-Friendly Ways to Organize Your Life Judith Kolberg, Kathleen Nadeau, 2016-09-19 Acclaimed professional organizer Judith Kolberg and Dr Kathleen Nadeau renowned ADHD clinical psychologist are back with an updated edition of their classic text for adults with ADD Their collaboration offers the best understanding and solutions for adults who want to get and stay organized Readers will enjoy all new content on organizing digital information managing distractions organizing finances and coping with the black hole of the Internet This exciting new resource offers three levels of strategies and support self help non professional assistance from family and friends and professional support allowing the reader to determine the appropriate level of support *Your Neighbor's Secret Life Online* Stephen Dean, 2008 Who can resist a real life secret In the online world that most Americans exist in many computer users are also living secret lives e mail addresses that real life friends have no knowledge of screen names that frequent certain chat rooms which family members know nothing about bank accounts hidden from ones spouses text messages traded between people who cannot communicate in any other way *The Complete Idiot's Guide to Couponing* Rachel Singer Gordon, 2012-04-03 Combines couponing advice with up to date online coupon tips and a sensible approach *The Rise of Collaborative Consumption on the Example of Couchsurfing* Markus Karmann, 2012-05-11 Research Paper undergraduate from the year 2011 in the subject Business economics Offline Marketing and Online Marketing grade 1 0 Northeastern University of Boston language English abstract The objective of this paper is to analyze the emergence and the characteristics of collaborative consumption Moreover this paper examines the causes and underlying motivations for using Couchsurfing as one particular form of collaborative consumption by focusing on consumers Lastly we will provide potential implications of this trend for commercial organizations In recent years economic life has changed more radically than in the past century altogether Consumers and firms are getting away from the typical capitalistic principle of buyers and sellers The new economies are rather defined by users and suppliers Ownership which was the underlying principle of decades of capitalism is not desirable anymore as it is considered outdated and out of place Rifkin 2000 p 5 Nowadays firms are outsourcing and leasing cars electronics and even people It is just not important to own things anymore but simply to have access to resources Product life cycles are becoming shorter and shorter and especially electronic goods are almost outdated shortly after their release Therefore companies need to be flexible and react quickly The principle of ownership can just not fulfil the requirements of an ever changing and fast paced economy Rifkin 2000 While consumers are still more reluctant towards this trend they are picking up on it Car sharing or bike sharing for example is becoming more and more popular in order to simply save money and thus replace traditional ways of just buying goods Furthermore people are increasingly aware of their negotiation power Groupon for instance is only able to offer all these blockbuster discounts because there is a huge mass of people behind it to negotiate big bargains The rise of the internet and modern communication is an important building block of developing this kind of network economy

Without modern communication it is just impossible to coordinate a network economy and to identify suppliers users and their needs Rifkin 2000 This general trend of either sharing goods or getting access to it is called collaborative consumption

Business World ,2000-05 **Libra - Super Horoscopes 2004** World Astrology,World Astrology Staff,Berkley Publishing Group,2003-07 Your most comprehensive and revealing individual forecast Cover **Innkeeping** ,2005 **Business 2010**

Frederick G. Harmon,2001 Fred Harmon clearly describes how global and societal trends will affect companies in the next decade **Interval Weight Loss for Women** Nick Fuller,2020-01-07 Dr Nick Fuller one of Australia s leading obesity

researchers has helped thousands of women to lose weight Now he wants to help you Women are constantly bombarded with information about the latest diets diets that can result paradoxically in weight gain and aren t grounded in any studies Now it s time to cut through all those fads There are countless reasons women gain weight including Years of dieting Going on the contraceptive pill Long hours at work Pregnancy Menopause Ageing In Interval Weight Loss for Women Dr Nick Fuller explains the six key principles behind successful sustainable weight loss He addresses all the common pitfalls and the hurdles women face and provides simple effective advice based on his work with women facing similar issues Containing delicious recipes and meal plans Interval Weight Loss for Women allows you week by week to take back control of your body and to stop the yo yo dieting for good **Newsweek** ,2002 **Japanese Technical Abstracts** ,1986 **Dwell** ,2008

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