

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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relationships and follows groups through Meetup and on Facebook where she has well over 2 000 followers 95 percent of which are women who enjoy the positive inspiration she offers Forced to leave school as a teenager to support her siblings after their father left Rivera never lost her interests in space exploration and technology and still reads and watches YouTube videos on the subjects as well as works in the technology field She also creates nail art has a group page on Facebook and has sold some press on nail packages hoping to make this a successful business someday Rivera maintains a close relationship with her ex spouse and children [Chronology of KSC and KSC Related Events for 1998](#) Elaine E. Liston,1999

Factory Reset Your Dopamine Andy Skinner,2025-10-07 It s 2 AM You re scrolling through your phone You opened it to check one thing That was 90 minutes ago You can t remember what you just looked at But you can t stop Tomorrow you ll promise yourself it won t happen again It will This isn t a discipline problem It s dopamine dysregulation And every day you ignore it your brain gets worse at being human What This Protocol Gives You The Exact Roadmap THE DIAGNOSIS Chapters 1 2 The 7 symptom checklist find out exactly how bad it is Your baseline measurement proof the protocol works The 4 types of modern addiction which one are you The Twenty Minute Wall explained why you can t focus longer THE 30 DAY RESET Chapters 3 5 Days 1 2 Surviving physical discomfort without breaking Days 3 7 Pushing through when nothing feels good when most quit Days 8 14 When focus returns you ll feel the difference Days 15 21 Building momentum without sliding back Days 22 30 Testing your new system before reintroducing anything BUILDING THE NEW YOU Chapters 6 12 Turning recovered attention into actual skills Systems that make good behavior automatic no willpower required Managing relapses without losing progress slips slides What sustains change when motivation fades Designing environments that do the work for you Why contribution matters more than productivity But First A Warning This Book Is Not For Everyone This book is not a magic solution for those seeking quick fixes If you re looking for 5 easy hacks to fix your focus this isn t for you The 30 day protocol requires complete elimination of high stimulation activities no negotiating no exceptions It demands time effort and brutal honesty with yourself about how dysregulated your system actually is Lasting change is possible but it requires dedication and the willingness to endure 30 uncomfortable days If you re committed to reclaiming your attention and rebuilding your focus this protocol will be your roadmap Start Your Reset Today Your scattered attention has cost you enough Your half presence has damaged enough Your broken promises have disappointed enough people Everything you need is in these pages [Break Bad Habits for Good](#) Dennis B. Baker,2025-05-15 Break Bad Habits for Good The No Nonsense Guide to Rewiring Your Mind and Taking Back Your Life Ready to stop the cycle for good If you keep falling back into the same habits no matter how badly you want to change this book is for you Break Bad Habits for Good goes beyond surface level motivation and dives deep into what s really holding you back your wiring Drawing from proven psychology brain science and practical behavior design this straightforward guide gives you the tools to understand interrupt and reprogram the patterns that sabotage your progress You won t find fluff hype or gimmicks here Just real clear strategies that

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