

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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QuickRead,Alyssa Burnette

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Heartbeat Staying Out of Life's Muck by Tapping into the Love Wisdom Energy Cathy Fitzhenry,2024-01-21 Discover a new perspective to break free from life's chaos and tap into the transformative power of love In *How to Stay Out of Life's Muck and Tap into the Love Wisdom* author Cathy Fitzhenry challenges the conventional belief that logical understanding is the key to finding solutions Drawing from her own personal journey including the chaos of her marriage and family as well as her transformative brain break Fitzhenry reveals the sanctuary found within the love energy This groundbreaking book provides practical guidance on operating in the Love Energy a force more effective than mere logic in dissolving the walls of fear and stories that hold us captive to the muck Uncover a path that leads to healing one mucky moment at a time Through engaging storytelling and insightful wisdom Fitzhenry opens the door to a better way of living where the love energy becomes a regular source of empowerment and liberation Get ready to break free from the muck and embrace a life filled with love and wisdom Stephanie C Shipper a renowned speaker in Conflict Resolution and a seasoned practitioner with 33 years of experience as an NLP Trainer Consulting Kinesiologist and Brain Based Trauma Counselor

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[Bloodstar \(Star Corpsman, Book 1\)](#) Ian Douglas,2013-05-09

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Labor,2011-06-03 The most comprehensive up to date resource available for choosing the career that s right for you When making a decision about your career path it is crucial that you consider any aspect of a job that will affect your future your sense of fulfillment and your bottom line With current statistics from the number one source of job data in America the U S Department of Labor the Occupational Outlook Handbook 2011 2012 is your best choice for researching careers whether you re looking for your first job or contemplating a career change From able seaman to zoologist you ll get vital information about more than 250 occupations including Nature of the work and working conditions Earnings Training qualifications and advancement Job outlook With its vast amount of practical up to date information the Occupational Outlook Handbook is an essential tool for making informed intelligent decisions about your future Did you know Training at a vocational school college or university is increasingly important for getting a job as a travel agent A physician assistant s working conditions can vary from regular hours in an office setting to long periods of standing in an operating room Accountants and auditors budget officers credit analysts loan officers and underwriters have training and skills similar to those of financial managers Boilermakers often use potentially dangerous equipment such as acetylene torches and power grinders handle heavy parts and work on ladders or on top of large vessels **Campus Activities Programming** ,2000 *Buckeye Guard* ,2009

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