

# 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

# Morning Routine How To Install

**DIONNE AKOM TWENEBOAH**

## **Morning Routine How To Install:**

*U.S. Army Special Forces Language Visual Training Materials - SPANISH - Plus Web-Based Program and Chapter Audio Downloads* , Now included at the end of the book is a link for a web based program PDFs and MP3 sound files for each chapter Over 2 100 pages Developed by I Corps Foreign Language Training Center Fort Lewis WA For the Special Operations Forces Language Office United States Special Operations Command LANGUAGE TRAINING The ability to speak a foreign language is a core unconventional warfare skill and is being incorporated throughout all phases of the qualification course The students will receive their language assignment after the selection phase where they will receive a language starter kit that allows them to begin language training while waiting to return to Fort Bragg for Phase II The 3rd Bn 1st SWTG A is responsible for all language training at the USAJFKSWCS The Special Operations Language Training SOLT is primarily a performance oriented language course Students are trained in one of ten core languages with enduring regional application and must show proficiency in speaking listening and reading A student receives language training throughout the Pipeline In Phase IV students attend an 8 or 14 week language blitz depending upon the language they are slotted in The general purpose of the course is to provide each student with the ability to communicate in a foreign language For successful completion of the course the student must achieve at least a 1 1 1 or higher on the Defense Language Proficiency Test in two of the three graded areas speaking listening and reading Table of Contents Introduction Introduction Lesson 1 People and Geography Lesson 2 Living and Working Lesson 3 Numbers Dates and Time Lesson 4 Daily Activities Lesson 5 Meeting the Family Lesson 6 Around Town Lesson 7 Shopping Lesson 8 Eating Out Lesson 9 Customs and Courtesies in the Home Lesson 10 Around the House Lesson 11 Weather and Climate Lesson 12 Personal Appearance Lesson 13 Transportation Lesson 14 Travel Lesson 15 At School Lesson 16 Recreation and Leisure Lesson 17 Health and the Human Body Lesson 18 Political and International Topics in the News Lesson 19 The Military Lesson 20 Holidays and Traditions

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desire and deserve a simple process for creating your own personalized life s blueprint how to live life unapologetically and authentically so your life becomes a masterpiece and how to become all you were created to be Awaken The Creative Giant Within Dr. Gurudas Bandyopadhyay,2024-07-17 10x your life and serve society Improve your creative spirit Think more creatively generate exceptional ideas and stand apart from the crowd Think everyone can be creative Know the secret tools to think creatively Attract expert insights and empower you to solve problems on time and in full Be an expert in fast decision making with confidence and quality Know how to systematically inculcate creativity from nothing and unleash your genius Remove the creativity blocks Be aware of the tens of misconceptions about creativity and learn how to become an idea generation machine Be curious to improve your awareness spark your imagination practice divergent thinking and solve problems Do you find opportunities but feel you cannot be creative and expert Do you feel you lack creativity Do you feel a lack of creative engagement inhibiting your growth Do you ever feel you can also do what others do and everything is possible What if you could learn the sources of creativity and start generating ideas on great demand How would your life change if you strengthen your inner infrastructure Let the magic begin Imagine having the courage to face fears and challenges you find abundant opportunities Learning from failures you have gathered enough knowledge skill and abilities You have made thinking out of the box your second nature Dr Gurudas Bandyopadhyay has done extensive research on improving employee well being He has worked with thousands of individuals in tens of organizations across the world He is dedicated to inspiring people to unlock their potential and be creative for a healthy happy and prosperous life In AWAKEN THE CREATIVE GIANT WITHIN you will learn on various sources of creativity barriers to creativity and how to improve your creative skill and be unbeatable You will think faster and smarter and more creatively with strong beliefs to unfold your ingenuity The idea is the new Currency of this century It plays a pivotal role in any start up or running a business It is more important for students researchers employees and professionals Design your surrounding environment and instill daily routines Learn from the habits of highly creative people and practice to boost creativity This book will help you understanding the habits of highly creative people what they do differently how creative are you and how to be more creative Tens of barriers to creativity and misconceptions and how to break the barriers How to collect and connect the dots especially the diverse dots How to generate huge ideas daily some of which may be breakthrough ideas how to be an idea machine How to build your inner infrastructure with 4 Is and how to strengthen your inner power for a better you developing 7 Cs Applying 3 effective techniques to kick start the process and awaken your creative genius Practicing 3 effective strategies to enhance your creative ability Finding important 3 areas to care for on the way forward The special section on the way forward will help taking care in the long run to sustain your creative spirit This creativity guide book explains lot of action steps and exercises to follow to be more practical to unleash your creative potential Ready to be creative Don t keep yourself buried under fear or lack of inspiration Start design thinking and rewire your brain Be bold and let the magic begin

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