

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

Tour Dates Morning Routine Today

AN Whitehead

Tour Dates Morning Routine Today:

The Cornerstones to Early Literacy Katherine Luongo-Orlando,2000 This passionate book offers engaging ways to maximize the impact of the active play oral and word play print encounters reading events and writing experiences of the early years *A Guide to Planning and Support for Individuals who are Deafblind* John M. McInnes,1999-01-01 Leading experts address such problems as identification of deafblindness planning and intervention development family support and education for parents and professionals who work with people who have been deafblind from birth or a very early age

Chase's Calendar of Events 2022 Editors of Chase's,2021-11-15 Find out what's going on any day of the year anywhere across the globe The world's date book since 1957 Chase's is the definitive authoritative day by day resource of what the world is celebrating From national days to celebrity birthdays from historical milestones to astronomical phenomena from award ceremonies and sporting events to religious festivals and carnivals Chase's is the must have reference used by experts and professionals a one stop shop with 12 500 entries for everything that is happening now or is worth remembering from the past Completely updated for 2022 Chase's also features extensive appendices as well as a companion website that puts the power of Chase's at the user's fingertips 2022 is packed with special events and observances including National days and public holidays of every nation on EarthScores of new special days weeks and monthsBirthdays of new world leaders lauded authors and breakout celebritiesInfo on key anniversaries such as the 200th birth anniversary of Harriet Tubman the 100th anniversary of the first insulin treatment the 100th anniversary of the discovery of King Tut's tomb the 75th anniversary of Jackie Robinson breaking the color line and the 150th anniversary of Yellowstone And much more All from the reference book that Publishers Weekly calls one of the most impressive reference volumes in the world *St. Louis Daily Market Reporter and Merchants Exchange Price Current* ,1899 *Today's Health* ,1975 *Chase's Calendar of Events 2020* Editors of Chase's,2019-09-24 Find out what's going on any day of the year anywhere across the globe The world's date book since 1957 Chase's is the definitive authoritative day by day resource of what the world is celebrating and commemorating From national days to celebrity birthdays from historical anniversaries to astronomical phenomena from award ceremonies and sporting events to religious festivals and carnivals Chase's is the must have reference used by experts and professionals a one stop shop with 12 500 entries for everything that is happening now or is worth remembering from the past Completely updated for 2020 Chase's also features extensive appendices as well as a companion website that puts the power of Chase's at the user's fingertips 2020 a leap year is packed with special events and observances including National days and public holidays of every nation on EarthThe total solar eclipseThe 100th anniversary of US women's suffrage 19th Amendment passed The 75th anniversary of the end of WWII and the atomic bombings of Hiroshima and NagasakiThe 250th birth anniversary of Ludwig van BeethovenThe 100th birth anniversary of Ray BradburyThe 50th anniversary of the Beatles break upThe Tokyo Olympic GamesScores of new special days weeks and

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Journal of Calendar Reform ,1942 *American Illustrated Magazine* ,1930 *Today's Black Woman* ,1995

Astrology, Your Daily Horoscope ,1956 *American Florist* ,1915 **Chase's Calendar of Events 2008**

w/CD-Rom The Editors of Chase's,2007-09-17 The bible of special occasions Los Angeles Times 12 500 entries 194 countries 365 days 50 years and counting From his years as a newspaper librarian William D Chase knew of the need for a single reference source for calendar dates and for authoritative and current information about various observances throughout the year William and his brother Harrison decided to create such a reference themselves They set to work collecting compiling verifying editing and proofreading the events that would make up the first Chase's Calendar of Events Fifty years later Chase's Calendar of Events is still the most comprehensive and authoritative reference available on special events holidays federal and state observances historic anniversaries and more Chase's starts its next fifty years with Milestones such as Quebec's 400th founding anniversary Minnesota's statehood sesquicentennial and NASA's 50th birthday New birthdays such as literary lion and Nobel laureate Orhan Pamuk soccer superstar Cristiano Ronaldo stars from TV's Heroes and Ugly Betty and newly elected heads of state worldwide Events from the Games of the XXIX Olympiad at Beijing China the Dakar Rally and Euro 2008 in Austria Switzerland to the US's major party conventions and presidential election Search Chase's Anyway You Want Whether you want to target a specific date location or subject our fully searchable CD ROM makes your research quick and easy Also included is a free installer so you can load Chase's directly to your hard drive PC compatible only **The Wisconsin Magazine** ,1923 *School Management* ,1966 Jan issues include the annual The Directory of registered school suppliers **Daily Report** ,1993

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