

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 Near Me Clearance

**New South Wales. Parliament.
Legislative Council**

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Tales for Sale Matthew O'Malley, 2007-08 From the moral dilemmas of an ordinary soldier to a man's infatuation with a past love Tales for Sale a collection of fifteen thought provoking short stories will touch your deepest emotions No Honor Killing tells of a conflicted soldier who thinks hard about what he hears from his colonel that there is honor in the executions that his men carry out as long as they dress in full uniform But when the men are asked to kill their own drummer they must decide whether to follow orders In Stations a man still enthralled by the scent of a past lover must decide whether to take her back when he hears from her for the first time in seven years Possibly Cursed Mirror tells the story of a new homeowner who is desperate to give away a mirror that someone left at his home The previous owner put it in a corner where no one could ever possibly stand directly in front of it But the mirror has been moved Matthew O Malley delivers a compelling collection that runs the gamut of emotions from funny and sad to scary and light hearted Get ready for the unusual

Fast Track

Bureaucrat R. Dennis Bevans, 2008-12 R Dennis Bevans started his federal career as a file clerk in 1960 and moved ahead rapidly into senior level positions during the most vibrant period of domestic policy expansion in history while working closely with high ranking officials Over twenty eight years Bevans helped shape and refine many programs which were based on the broad vision of President J F Kennedy but enacted by Congress as the Great Society due to the imposing legislative skill and initiative of President Lyndon B Johnson Never better than when they were first launched eventually politicians started to apply increasing amounts of money and less management oversight at failing federal programs and to organizationally elevate agencies for all the wrong reasons He requested early retirement in 1988 while working within a stalled impotent and demoralized Department of Energy Fast Track Bureaucrat An Insider's Story of Service Survival Success Solutions provides a unique compelling look into an incredible career as it unfolds inside numerous executive branch departments and agencies including the Nixon White House Learn about Bevans many insightful suggestions for managerial program and civil service reform

Sons of Sarasvatī , 2018-09-10 Traditional Indian philosophy scholarship has a long and distinguished history but is now practically extinct Its decline is remarkably recent traditional philosophy flourished as recently as 150 years ago The decline is also paradoxical having occurred precipitously following a broad and remarkable flowering of the tradition between the fifteenth and eighteenth centuries The important questions this decline poses are the subject of much ongoing work The intellectual history of the period is still under construction and the present book represents a major contribution to the project A notable impediment has been the lack of critical biographies of significant thinkers in this tradition The importance of personal and social context for reconstructing intellectual histories is widely understood In the classical Indian intellectual tradition however authors systematically exclude such context making intellectual biography something of a rarity very rare in English and sparse even in the regional languages This book contains translations from the original Kannada of the biographies of Gara apurstri raka ha stri and Kugala Rama stri of nineteenth century Mysore all

representing the highest echelons of traditional pitya at this critical period of transition Their fields are literature grammar and logic respectively The biographies focus on the personal lives of these scholars and their many contexts These biographies are almost contemporaneous accounts reflecting firsthand knowledge The translations are accompanied by copious footnotes as well as appendices drawn from the relevant primary sources

Sale Catalogues American Art Association, Anderson Galleries (Firm),inc American art association Aderson galleries,1919 **The Eclectic Magazine of Foreign Literature, Science, and Art** ,1876 *Eclectic Magazine, and Monthly Edition of the Living Age* John Holmes Agnew,Walter Hilliard Bidwell,1876 **Sale** Anderson Galleries, Inc,1919 *The Bookmart* Richard Halkett,1887 *Votes & Proceedings* New South Wales. Parliament. Legislative Council,1879

A Year's Housekeeping in South Africa Lady Barker (Mary Anne),1883 Substitute Teaching from A to Z Barbara Pressman,2007-10-08 Become the go to substitute teacher that every school district is searching for Ask any school administrator a top notch substitute teacher is golden and this book gives you the Midas touch Substitute Teaching from A to Z is a one stop resource whether you re a full timer just breaking in or starting out as a career educator Reinforced with true life tales from real substitute teachers and the stories of how they solved their biggest challenges this book is a comprehensive guide written by a veteran teaching expert who specializes in training subs You ll learn insider tricks on how to Show school administrators you have the right stuff for the job Choose the most appropriate grades subjects and school districts for you Forge great relationships with everyone you work with Land the best classroom assignments Face a new class with confidence Maintain discipline work without a lesson plan and much more

Stop Struggling with Your Child Evonne Weinhause,Karen Friedman,1991 A wise and reassuring guide that provides a practical easy to implement four step program that helps parents minimize the battles and maximize success with their children from the authors of Stop Struggling with Your Teen

Commentary ,1953 **Films** Pennsylvania State University. Audio-Visual Services,1984 *James F. Drake, Inc. Book Sale Catalogs* James F. Drake, Inc,1919 Principles and Practices of Home Management Julia K. Gitobu,1985 Report for Years ... New York State Thoroughbred Breeding and Development Fund Corporation New York State Thoroughbred Breeding and Development Fund Corporation,2004 **Industrial Film Bibliography** ,1952 *Man and His Clothes, Incorporating the Sunshine Review* ,1957 *American Annals of the Deaf and Dumb* ,1918

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