

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

- ☐ 5 min stretch
- ☐ walk
- ☐ workout
- ☐ take vitamins
- ☐ make a healthy breakfast
- ☐ yoga
- ☐ put on a face masque
- ☐ cold exposure

- ☐ 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



- ☐ take a shower
- ☐ wash face
- ☐ style hair
- ☐ apply makeup
- ☐ put on an outfit you feel good in
- ☐ put on sunscreen
- ☐ brush teeth
- ☐ floss

- ☐ do a quick tidy
- ☐ wipe down counters
- ☐ set the mood in your space
- ☐ start a load of laundry
- ☐ prep dinner

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Ensheng Dong



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Nadeau, 2016-09-19 Acclaimed professional organizer Judith Kolberg and Dr Kathleen Nadeau renowned ADHD clinical psychologist are back with an updated edition of their classic text for adults with ADD Their collaboration offers the best understanding and solutions for adults who want to get and stay organized Readers will enjoy all new content on organizing digital information managing distractions organizing finances and coping with the black hole of the Internet This exciting new resource offers three levels of strategies and support self help non professional assistance from family and friends and professional support allowing the reader to determine the appropriate level of support **The AI Leader** J. Mark Munoz, Al

Naqvi, 2021-08-03 The book highlights expert interviews stories news events and academic research impacting our contemporary world in the era of artificial intelligence This book aims to be a thought provoking reference guide for corporate executives looking to lead in a world of AI It is poised to provide readers with game changing insights on leadership and management in an artificial intelligence economy Written with an equally educational and fun approach the book covers practical business strategies that will help managers succeed in an AI world **An Autopsy of Ethnographic**

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Interval Weight Loss for Women Nick Fuller, 2020-01-07 Dr Nick Fuller one of Australia s leading obesity researchers has helped thousands of women to lose weight Now he wants to help you Women are constantly bombarded with information

about the latest diets that can result paradoxically in weight gain and aren't grounded in any studies. Now it's time to cut through all those fads. There are countless reasons women gain weight including Years of dieting, Going on the contraceptive pill, Long hours at work, Pregnancy, Menopause, Ageing. In *Interval Weight Loss for Women*, Dr Nick Fuller explains the six key principles behind successful sustainable weight loss. He addresses all the common pitfalls and the hurdles women face and provides simple effective advice based on his work with women facing similar issues. Containing delicious recipes and meal plans, *Interval Weight Loss for Women* allows you week by week to take back control of your body and to stop the yo yo dieting for good.

Just Some Thoughts...that Changed My Life Sarika Amani, 2024-03-18 Is there something wrong with the way we are living? We are fatigued and miserable because we are in a constant state of comparison and competition. Life is not about proving anything to anyone, even to yourself. It's a long journey with twists and turns, hills and valleys and some straight roads. This book is a collection of thoughts that will provide you with constant companionship, telling you that you are not alone in this journey and a constant guide when you feel disheartened and lost. This book is not a promise but an effort that might make your journey pleasurable and smooth.

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