



Morning Routine

TO SET UP YOUR DAY FOR SUCCESS

- ☐ Don't check your phone for the first 15 minutes
- ☐ Journal 3 things you are grateful for
- ☐ Make your bed
- ☐ Drink 500 mL of water
- ☐ 5-10 minute stretch
- ☐ Brush your teeth & wash your face
- ☐ Work out for 20 minutes
- ☐ Take a cold shower
- ☐ Meditate
- ☐ Take probiotics & vitamins
- ☐ Coffee time!
- ☐ Read an article about something you want to learn about while eating
- ☐ Review your schedule to check for meetings
- ☐ Write your to-do list for the day
- ☐ Get your day started! You got this!

Joanna Rahier.com

Morning Routine This Month Returns

Canada. Parliament



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Accounts and Papers of the House of Commons Great Britain. Parliament. House of Commons,1872 Return to Wholeness David Simon, M.D.,2008-05-02 Beautiful If you are facing cancer or any other serious illness I encourage you to allow the wisdom contained within these pages to nurture guide and support you Deepak Chopra M D from his foreword Return to Wholeness is a revelation David Simon breaks new ground with the innovative holistic mind body approaches developed at the Chopra Center for Well Being The guiding theme in this book is wholeness as Dr Simon demonstrates to readers the value of integrating the best of traditional and alternative medicines with ancient Eastern Ayurvedic principles and practices in order to forge the most effective path to wellness Return to Wholeness features advice and recommendations on every aspect of living with illness including designing a simple nutritional program to purify rejuvenate and provide balance benefiting from the healing properties of vitamins minerals phytochemicals and herbs facing the toll exacted by chemotherapy and other medical techniques incorporating various kinds of meditation creative visualization and aromatherapy into the larger Return to Wholeness program and weathering emotional cycles through art therapy journaling laughter and music Return to Wholeness is magnificent Reading this book made me feel embraced and uplifted by all that is healing and true Return to Wholeness should be kept on the nightstand of everyone who has cancer or another illness or who is afraid of becoming ill Christiane Northrup M D author of Women s Bodies Women s Wisdom Return to Wholeness is the perfect book for anyone facing the diagnosis of cancer Powerful powerful teachings you will not read elsewhere from a medical doctor Wayne Dyer Ph D author of Manifest Your Destiny Gentle compassionate and yet thorough a book that awakens the inner healer in all of us Louise L Hay author of You Can Heal Your Life An excellent source of information and guidance to help one integrate one s life and approach to cancer Bernie S Siegel M D author of Love Medicine and Miracles In every great challenge of life we need guides who can show us the way Dr David Simon is a wise compassionate physician who can help anyone on the journey through the experience of cancer Larry Dossey M D author of Prayer Is Good Medicine and Healing Words Promoting Treatment Adherence William T. O'Donohue,Eric R. Levensky,2006-07-07 Promoting Treatment Adherence provides health care providers with a comprehensive set of information and strategies for understanding and promoting treatment adherence across a wide range of treatment types and clinical populations The information is presented in a practical how to manner and is intended as a resource that practitioners can draw from to improve skills in promoting treatment adherence Report on the State of the Militia of the Dominion of Canada Canada. Department of Militia and Defence,1887 *Sessional Papers* ,1887 Report of the Dominion fishery commission on the fisheries of the province of Ontario 1893 issued as vol 26 no 7 supplement **Accounts and Papers** Great Britain. Parliament. House of Lords,1849 Parliamentary Papers Great Britain. Parliament. House of Commons,1900 **House Documents** USA House of Representatives,1870 *Sessional Papers* Canada. Parliament,1887 Report of the Dominion

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