

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 This Month Same Day Delivery

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Labor Aspects of the Chicago Milk Industry Mary Estelle Gresham,1942 **Scientific American** ,1899 *Bulletin of the Bureau of Labor Statistics ,1942 Decisions and Orders of the National Labor Relations Board* United States.

National Labor Relations Board,1981 **THE CURSE** SHANKAR BHAT,2023-02-11 Aptly named THE CURSE Shivananda suffers all his life after being cursed by a grief stricken mother that he will never find peace for the harm he had inflicted on her family Although in the garb of a Swamiji he wanders all over the country trying to guide youngsters it is only after a chance encounter with his daughter born out of a wedlock that he realizes he has never worked or earned money to be independent and has always stretched out his hand to beg for alms transformed by her bitter acrid comment he starts working earns a lot of money which he uses for acts of social transformation in his community This activity extends as he reaches the Himalayas to find his original Guru and here he finds some solace from the work at last before he breathes his last in those surroundings The loneliness of his life is finally absolved with the service to mankind **Year Of The Rat** Jorah Kai,2023-02-01 THE YEAR OF THE METAL RAT 2020 was a time of panic uncertainty and great division CHINA VIETNAM CANADA SAUDI ARABIA ITALY ARGENTINA AMERICA JAPAN AUSTRALIA PHILIPPINES NETHERLANDS GUATEMALA UGANDA THE U K SINGAPORE RUSSIA As the pandemic spread some wore masks and socially distanced to protect the vulnerable while others protested all public health measures as a form of tyranny and caused loud and obnoxious mass disruptions to critical infrastructure in a jarring display of personal freedom Fake news and echo chambers enabled alternative facts while unhinged narratives and cartoonish conspiracies ran rampant often trumping coverage of legitimate and existential converging catastrophes In YEAR OF THE RAT the sequel to the international best seller The Invisible War Kai's Diary Jorah Kai documents the world's largest Zero Covid bubble while the outside world handles the pandemic uniquely Reaching out to friends across the globe he weaves their stories together Thirty six writers from 33 cities in 16 countries share their daily struggles hopes and fears for the YEAR OF THE RAT as the SARSCOV2 virus spreads catastrophe to every corner of the globe It's the metaphor of the yin and the yang I'd say right now we are in the yin It's a kind of disaster It's sad And on the yang side it looks like some sort of a mathematical balance that I cannot explain JCVD I would have done the whole thing for a donut and a tuna fish sandwich The money meant nothing It was the opportunity to at least prove to myself that I wasn't a liar that I wasn't living a life of disillusionment When you think of yourself as being a very creative person and turn around and realize you've been leading a lie Sylvester Stallone Rocky At the beginning of the pandemic Jorah Kai led a plucky band of frontline workers and activists to fight the pandemic with science Some called him a harbinger others a pandemic guru as they navigated an increasingly bizarre world of book deals TV appearances speaking engagements and a recovery event with his childhood hero martial arts movie star Jeanne Claude Van Damme But nothing could prepare him for what came next The Narrator **Barrel and Box and Packages** ,1917 *Bank Management Publication ,1951*

The Pacific Rural Press and California Farmer ,1900 **Business Digest and Investment Weekly** Arthur Fremont
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