



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 & was your face
- Work out for 20 minutes
- Take a cold shower
- Meditate
- Take probiotics & vitamines
- 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!

JoannaPakira.com

Morning Routine Price Tutorial

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T.P.'s Weekly Thomas Power O'Connor,Holbrook Jackson,1907 **Only the Best** ,1997 **Kilobaud, Microcomputing** ,1979 **PC World** ,1987 [The Lancet](#) ,1914 **73 Magazine for Radio Amateurs** ,1979 *The Study of Immigrants in Australia* Charles Archibald Price,1960 [Resources in Education](#) ,1983 *PC Magazine* ,1994

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