

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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Yi-Tong Ma

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name Yi-Tong Ma.

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web directed by ellen s pressman writing credits cast in credits order complete awaiting verification produced by music by christophe beck score by cinematography by michael gershman director of photography editing by regis kimble as regis b kimble casting by marcia shulman production design by carey meyer art direction by

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web plot to prepare for sunnydale high s cultural exchange program buffy visits an incan exhibit with her schoolmates she is paired with an exchange student with whom her mom signed her up xander becomes jealous when he learns that she will room with a guy

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web back at buffy s ampata s trunk has arrived from the bus depot and as buffy starts to open it the fake ampata tells her not to bother she distracts buffy by talking more about the inca mummy s ceremonial seal the camera briefly shows that inside the trunk is the mummified corpse of the real ampata

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web sci fi inca mummy girl is the fourth episode of the second season of buffy the vampire slayer and the sixteenth episode in the series written by matt kiene with joe reinkemeyer and directed by ellen s pressman it was originally broadcast on october 6 1997 on the wb network mummy may i buffy

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web oct 31 2017 a mummy rises from the grave to suck the life out of sunnydale high students on buffy the vampire slayer season 2 episode 4 join us in rewatching inca mummy girl

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web jul 10 2008 in the earlier episode willow is very excited about her outfit a puffy eskimo suit that covers her body from head to toe in halloween she resists buffy's suggestion that she dress up as a

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web during a field trip to the local museum's inca exhibition weirdo student rodney munson breaks the ceramic plate which seals the protective curse in the coffin of an inca mummy who rises giving him a kiss which instantly mummifies him and gives her back life

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web at the bus station ampata is attacked by the mummy that escaped and by the time buffy xander and willow get there there's a girl waiting for them who is claiming she's ampata

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web sci fi mummy was a preserved corpse that could be reanimated into an undead being in the 15th the inca princess was sacrificed and mummified with a cursed seal that made sure that she would not awake she eventually became part of the inca princess exhibit touring places like boston atlanta new

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an entity relationship diagram erd illustrates how different entities such as customers and products relate to each other in a

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entity relationship diagram also known as erd er diagram or er model is a type of structural diagram for use in database

design an erd contains different symbols and connectors that visualize two important information the major entities within the system scope and the inter relationships among these entities

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sep 20 2023 the entity relationship diagram explains the relationship among the entities present in the database er models are used to model real world objects like a person a car or a company and the relation between these real world objects in short the er diagram is the structural format of the database

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diagrams created to represent attributes as well as entities and relationships may be called entity attribute relationship diagrams rather than entity relationship models an er model is typically implemented as a database in a simple relational database implementation each row of a table represents one instance of an entity type and each

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what is an entity relationship diagram erd erd stands for entity relationship diagram people also call these types of diagrams er diagrams and entity relationship models an erd visualizes the relationships between entities like people things or concepts in a database an erd will also often visualize the attributes of these entities

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