

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 Today Download

Kathleen P. King

Morning Routine Today Download:

Routines: How to Create the Ultimate Daily Routine for More Energy (The Essential Guide to Creating Your Personal Morning Routine That Will Actually Work) Drew Parmer,101-01-01 Struggling to start stop and start again Tired of relying on willpower that fades by friday The habit alchemist gives you a practical system to redesign your routines so change actually sticks In plain language you learn how habits form how to shape them on purpose and how to turn small actions into a stronger identity You will learn to Find your habit archetype 8 types match strategies to your wiring instead of fighting it Build keystone habits trigger positive chain reactions across your day Design your environment lower friction for the good stuff raise it for the bad Use identity based change prove the kind of person you want to be with tiny wins Stack habits and time your cues simple cue action reward loops that hold Break emotional loops stop stress driven routines and self sabotage before they spiral Recover fast from setbacks a clear relapse rescue plan so one slip doesn t become a slide If you ve tried organizing books before with little success this guide offers solutions specifically tailored to the adhd experience Concerns about complex systems We focus on simplicity and sustainability Skeptical about the time commitment Our practical advice is quick and actionable fitting seamlessly into your busy schedule Harness the tools enclosed to turn your challenges into victories shedding the mental and physical clutter that has held you back *All Work No Play* Dale

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relationships and attitudes Prioritize mental wellbeing in your daily life and put an end to burnout and fatigue Use visual tools and self assessment forms to guide you through exercises that will increase your happiness focus and productivity

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Not Today Erica Schultz, Mike Schultz, 2021-06-15

When their five year old son fought for his life business leaders Erica and Mike Schultz learned a new way to live work and succeed discovering how to achieve extreme productivity with heart and purpose. Ari Schultz was an extraordinary baby beginning life in a pitched battle against heart disease. The same year his parents launched their business and they had to keep it going strong even while living full time at the hospital for months on end. For the next five years Erica and Mike Schultz learned how to balance the demands of their jobs commuting to the hospital and spending time with their growing family along the way noting the tricks and techniques that allowed them to get work done even while living in the cardiac ICU and later through heartbreakin

g loss. After reflection and recovery Mike and Erica codified their method of coping and working and set out to study the work habits of extremely productive people. They discovered what extremely productive people do differently than everyone else and went on to create **The Productivity Code** a new approach to productivity that has helped tens of thousands of people manage their time for greatest effectiveness fulfillment and happiness. Now Erica and Mike reveal the **9 Habits of Extreme Productivity** along with easy to apply techniques including:

- How to stay focused and positive even in difficult times
- Clearly defining your motivations through written goals and four three four planning
- Helpful hacks to stop procrastinating
- How to disrupt unproductive thought cycles and break bad habits for good
- Changing your mindset to prioritize time doing things you love
- Setting boundaries and saying no to tasks that don't serve you
- Tricks to become impossible to distract
- Working in powerful planned sprints to get in the zone
- Finding ways to refuel your mental and physical energy
- Resetting and correcting when you've gone off course

Interweaving their son's poignant story with effective productivity and happiness strategies **Not Today** shows how anyone can better manage their time while living a more energetic and meaningful life.

Selling Used Books Online Stephen Windwalker, 2002

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Bloodstar (Star Corpsman, Book 1) Ian Douglas,2013-05-09 Big bold military science fiction action

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The New Mass Media Christopher Harper,2001-10-29 This engaging text focuses on the role of technology in the development of the various media and the professions of advertising journalism and public relations The book is a highly visual text with its central components including the impact of the Internet on various media and the professions the history of each medium and the demassification of various media The issue of corporate ownership is also addressed and its effect on individuals and society Christopher Harper writes in a lively direct and journalistic style which will have enormous appeal to students Additionally the text incorporates numerous aid boxes to assist learning such as Timeline boxes Think About It boxes Personal Journal boxes People in the Media boxes

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