

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

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Kathleen P. King

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IT professionals alike Instead of going through the step by step process of implementation the book points out the implications of allowing users to run with unlimited administrator rights discusses the technology and supplementation of Microsoft s Group Policy and dives into the different environments least privilege affects such as Unix and Linux servers and databases Readers will learn ways to protect virtual environments how to secure multi tenancy for the cloud information about least privilege for applications and how compliance enters the picture The book also discusses the cost advantages of preventing good people from doing bad things Each of the chapters emphasizes the need auditors business executives and IT professionals all have for least privilege and discuss in detail the tensions and solutions it takes to implement this principle Each chapter includes data from technology analysts including Forrester Gartner IDC and Burton along with analyst and industry expert quotations

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