

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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Stitching the 24 Hour City reveals the intense speed of garment production and everyday life in Dongdaemun a lively market in Seoul South Korea Once the site of uprisings against oppressive working conditions in the 1970s and 1980s Dongdaemun has now become iconic for its creative economy nightlife fast fashion factories and shopping plazas Seo Young Park follows the work of people who witnessed and experienced the rapidly changing marketplace from the inside Through this approach Park examines the meanings and politics of work in one of the world s most vibrant and dynamic global urban marketplaces Park brings readers into close contact with the garment designers workers and traders who sustain the extraordinary speed of fast fashion production and circulation as well as the labor activists who challenge it Attending to their narratives and practices of work Park argues that speed rather than being a singular drive of acceleration is an entanglement of uneven paces of life labor the market and the city itself Stitching the 24 Hour City exposes the under studied experiences with Dongdaemun fast fashion peeling back layers of temporal politics of labor and urban space to record the human source of the speed that characterizes the never ending movement of the 24 hour city [Office Appliances](#) , 1923 [The Insurance Times](#) , 1880 [Christianity and Capitalism in China](#) Ottavio Palombaro, 2024-06-26 This book links Calvinist belief in the Perpetual Assurance of Salvation with self efficacy for economic success Certain values are at stake for the success of economic behavior Since the genesis of modern capitalism a set of beliefs proper of Calvinism mainly Predestination but also Beruf Inner worldly Asceticism role of Sects was said by Max Weber to cause an anxiety about salvation and generate a propensity

to economic success as a sign of election In order to observe this in action today it is crucial to consider the evolution that the Protestant ethic went through migrating first in north America and lastly through the Protestant revival of China Wenzhou is called Jerusalem of China for its large Protestant community that is also strongly involved in business Some scholar already pointed out the presence among those entrepreneurs of this Protestant ethic Yi Xiang Boss Christian The data presented in this comparative qualitative study pertain to ethnographic observations job shadowing and interviews done among Chinese Christian and non Christian entrepreneurs from Wenzhou living in Milan Italy The results show with some adjustments the presence of a Chinese version of the Protestant ethic overlapping with several values proper to the Chinese context Confucianism lineage social network The extension of the study to other cases must be done with caution considering the non causal justificatory role of the belief Regardless successful entrepreneurship involves specific social cultural and even religious aspects that move beyond mere business strategies

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