

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



- ☐ take a shower
- ☐ wash face
- ☐ style hair
- ☐ apply makeup
- ☐ put on an outfit you feel good in
- ☐ put on sunscreen
- ☐ brush teeth
- ☐ floss

- ☐ 5 min stretch
- ☐ walk
- ☐ workout
- ☐ take vitamins
- ☐ make a healthy breakfast
- ☐ yoga
- ☐ put on a face masque
- ☐ cold exposure



- ☐ do a quick tidy
- ☐ wipe down counters
- ☐ set the mood in your space
- ☐ start a load of laundry
- ☐ prep dinner

- ☐ 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 Box Office Compare

AN Whitehead



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Exhibitors Daily Review, 1926 *Box Office*, 1960 *The New Movie Magazine*, 1930 *Puck*, 1916 *Stories and Plays* Arthur Schnitzler, 1930 *Stories and Plays by Arthur Schnitzler* Arthur Schnitzler, 1930 Der Ehrentag is a novella about a supporting actor who is driven to suicide by a joke *The Theatre*, 1902 **Host Bibliographic Record for Boundwith Item Barcode 30112049683961 and Others**, 1902 *Theatre Magazine* W. J. Thorold, Arthur Hornblow, Arthur Hornblow (Jr.), Perriton Maxwell, Stewart Beach, 1902 *Manufacturers' News*, 1923 *The Athenaeum*, 1876 **Athenaeum and Literary Chronicle**, 1876 *Gas World*, 1928 *Telephony*, 1925 **The Timberman**, 1913

The Prentice Hall Guide for College Writers Stephen Reid, 2003 For one two semester Freshman Composition courses This best selling writing guide integrates purpose process and rhetorical strategies into every chapter offering students as well as new instructors the clearest explanation of writing In addition to emphasizing critical reading every major chapter contains professional and student samples rhetorical techniques journal exercises reading and writing activities collaborative activities peer response guidelines revision suggestions and a student essay in each chapter contains writing process materials outlines audience analysis interview notes drafts revision plans etc *Fire and Water Engineering*, 1910

Hollywood at the Races Alan Shuback, 2019-11-05 An informative and amusing look at the close relationship between Golden Age Hollywood and West Coast horse racing A fascinating read Christina Rice author of Mean Moody Magnificent Horse racing was so popular and influential between 1930 and 1960 that nearly 150 racing themed films were released including A Day at the Races Thoroughbreds Don't Cry and National Velvet This fast paced gossipy history explores the relationship between the Hollywood film industry the horse racing industry and the extraordinary participation of producers directors and actors in the Sport of Kings Alan Shuback details how all three of Southern California's major racetracks were founded by Hollywood luminaries Hal Roach was cofounder of Santa Anita Park Bing Crosby founded Del Mar with help from Pat O'Brien and Jack and Harry Warner founded Hollywood Park with help from dozens of people in the film community The races also provided a social and sporting outlet for the film community studios encouraged film stars to spend a day at the races especially when a new film was being released The stars presence at the track generated a bevy of attention from eager photographers and movie columnists as well as free publicity for their new films Moreover Louis B Mayer Bing Crosby Fred Astaire Betty Grable and Don Ameche were all major Thoroughbred owners while Mickey Rooney Chico Marx and John Huston were notorious for their unsuccessful forays to the betting windows The more entertaining vignettes pair the names of old time screen stars with ribald tales of racetrack depravity Thoroughbred Daily News **The Exhibitor**, 1924 Some issues include separately paged sections Better management Physical theatre extra profits Review Servisection *The Film Weekly*, 1938

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