



MY IDEAL

morning

@myjourney.app

ROUTINE



1. WAKE UP

6.20am



4. EXERCISE

7.00am



7. HAIR + MAKE UP

7.45am



2. JOURNAL

6.25am



5. HOT BATH

7.15am



8. BREAKFAST

8.00am

500ML



3. HYDRATE

6.40am



6. DRESS

7.25am



9. START YOUR DAY

8.15am

Morning Routine This Week Sign In

S Ashworth

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the name S Ashworth.

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Munsey's Weekly ,1925 **How to Survive and Thrive in the First Three Weeks of School** Elaine K. McEwan,2006-03-13 Master the 3 3 33 equation for successful first days at school at any grade level Research shows that time invested during the first three weeks of school to teach Routines Rubrics and Rules the three R s leads to higher student achievement throughout the remaining 33 weeks of school or 3 3 33 This wonderfully practical and effective new book from bestselling author Elaine McEwan will help any teacher through those critical weeks and show how truly with it teachers WITs can manage more easily the three critical facets of every teacher s day classroom management and organization student engagement and time management WITs from K 12 classrooms share their specific personal routines rubrics and rules to help you survive and thrive in those first three weeks of school including Designing and organizing your classroom to support learning Teaching routines rubrics and rules to maximize learning time Creating organizational academic and social routines Choosing rules and rewards to build character and motivation Using the With It teacher list including attention getters noise breakers timesavers routines and homework helpers With the power of 3 3 33 and the secrets of WITs you can chart a sure footed course for those all important first weeks of school and help guide your students successfully through the school year **Fitness for Life** Guy C. Le Masurier,Charles B. Corbin,Meg Greiner,Dolly D. Lambdin,2010 Fitness for Life Elementary School is an innovative multimedia package that facilitates total school involvement by using physical education lessons classroom activities and discussions recess before and afterschool activities and even family nights to deliver appropriate physical activity as well as concepts to promote health related fitness and active lifestyles Weekly World News ,1990-10-16 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site **A Landsman's Log** Robert Wilden Neeser,1913 **Frank Harrison's Shorthand Weekly** ,1892 **Weekly Bulletin** California State Board of Health,1925 **Joseph v. ACIA, 491 Mich 200 (2012)** ,2012 142615 **The Making of Men** Josiah Waters Coombes,1920 **An Escaper's Log** Duncan William Grinnell-Milne,1926 **Broadway Weekly** ,1904 *Reports* United States. Navy Department,1898 T.P.'s Weekly ,1929 Electrical Merchandising Week ,1928 Includes annually 1961 Home goods data book **The Optometric Weekly** ,1926 *ADHD and the Art of Creat Routines that Work* MAX EDITORIAL,2025-10-29 ADHD and the Art of Creating Routines that Work is your guide to turning chaos into consistency without losing your spark Forget rigid schedules and boring checklists This inspiring book teaches you how to design flexible routines that match your energy creativity and unique rhythm Discover ADHD friendly strategies for staying on track boosting motivation and building habits that actually last Every page helps you create structure without stifling your freedom Learn the art of flow not force because your brain doesn t need to be fixed it just needs a system that fits Make your routine work for you not against you **Advertiser's Weekly** ,1928 *The*

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