

Morning Routine Daily Schedule

This morning routine schedule is thoughtfully crafted to kickstart your day with organization and productivity. By following each step, you'll pave the way for a smooth and efficient morning, setting a positive tone for the hours ahead. Embrace this structured approach to make the most of your day.

Time	Activity
6:00 AM - 6:15 AM	Wake up and stretch
6:15 AM - 6:30 AM	Drink a glass of water
6:30 AM - 7:00 AM	Exercise or go for a morning walk
7:00 AM - 7:15 AM	Shower and get dressed
7:15 AM - 7:30 AM	Prepare and eat a healthy breakfast
7:30 AM - 7:45 AM	Meditate or practice mindfulness
7:45 AM - 8:00 AM	Plan your day and set priorities
8:00 AM onward	Begin your work or daily tasks

Notes

- **Consistency:** Try to maintain this schedule daily to build a strong routine.
- **Flexibility:** Adjust timings as required but keep the sequence of activities intact.
- **Hydration:** Keeping hydrated in the morning helps boost metabolism.
- **Breakfast:** Ensure that your breakfast includes proteins, fibers, and essential nutrients.

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Morning Routine Update Store Hours

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Coached to Greatness John M. Hawkins,2018-01-05 You don't find greatness in a day or overnight Change takes time and making too many changes in a short period of time creates chaos But incremental positive changes can help you find your purpose hold yourself accountable and achieve goals and objectives Coach and leader John M Hawkins reveals strategies that will help you accomplish more and most importantly be in a better position to help others who are also seeking growth Get the guidance you need to reflect on what motivates you rediscover and assess your core values philosophies and competencies find settings that allow you to be the most productive and track your progress toward accomplishing goals If you know you can accomplish more but change is slow to come if you don't wake up excited and ready to achieve and if you don't know what to do with your life career or business you need this guide to success By keeping an open mind tuning into your senses and being on the lookout for motivation opportunities and like minded individuals who want to do more you'll be coached to greatness *Druggists Circular* ,1927

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