

# 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

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**Annelie Roggenkamp**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

## Morning Routine Update Open Now:

*The Final Mystery of Eagle Falls* Dennis Prokop, 2020-11-15 The Final Mystery of Eagle Falls finds George Huntington his wife Laura and their two year old son Bobby living a tranquil life on his grandfather s small farm near the town of Eagle Falls West Virginia That tranquility was first broken when George s grandfather uncharacteristically became entangled with the Department of Justice when he tried to sell undocumented diamonds acquired in his past Then the town s mysterious past and Laura s Native American heritage seemed to collide and create sinister occurrences that somehow involved Bobby and grew in intensity as time went on The young family quickly became desperate to end the frightening episodes and to understand the clues that seemed to point to the spirit world being involved With nowhere else to turn Laura reluctantly contacted Byron Bradley an old love interest that she hadn t seen in years for help With Byron s ancestral archaeologist background including his expertise on Native American folklore and the spirit world a risky all or nothing plan was developed to thwart Bobby s unwanted visitors

**Children's Development During Social Transition** Gregor Starc, Stevo Popovic, Juel Jarani, Maroje Sorić, 2022-01-05 *Integration of location based services into the social CRM strategy* Annelie Roggenkamp, 2013-05-31 Master s Thesis from the year 2012 in the subject Business economics Offline Marketing and Online Marketing grade 1 0 Berlin School of Economics and Law course International Marketing Management M A language English abstract This thesis aims at critically analyzing Foursquare from a customer relationship management CRM perspective After elaborating on CRM and carefully scrutinizing the mobile application and its functions the author aims at investigating how Foursquare can be used as a CRM tool throughout the customer relationship life cycle Since large companies managing renowned brands usually have more sophisticated tools to enforce their CRM strategy this thesis is less concerned with those large enterprises but rather focuses on small local businesses that decide to enter the realm of customer relationship management World Fiction, Today's Best Stories from All the World, 1922 **The Churchman**, 1889 FreeBSD Unleashed Brian Tiemann, Michael C. Urban, 2001 This book teaches the reader everything he she needs to know in order to use FreeBSD to its full potential It will show individuals how to use the same FreeBSD power that Yahoo the Internet Movie Database and many other high profile internet sites depend on Whether someone needs an enterprise class server a small business server or a dependable workstation this book can be a very economical and powerful solution to your needs

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*Department of Health of the City of New York for the Calendar Year ...* New York (N.Y.). Department of Health, 1920      **The Illustrated London News** , 1926      **Highway Topics** , 1928      **New-York Observer** , 1908      *Closing Doors, Opening Worlds* Vern Drilling, 1993 Tackles the issues of retirement job change and midlife crisis      **The Boston Medical and Surgical Journal** , 1910

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