

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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Franklin Institute (Philadelphia, Pa.)



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The Magazine of Business Arch Wilkinson Shaw, Edward John Mehren, 1928 The Magazine of Business ,1929
Journal of the Franklin Institute Franklin Institute (Philadelphia, Pa.), 1925 Vols 1 69 include more or less complete patent reports of the U S Patent Office for years 1825 59 Cf Index to v 1 120 of the Journal p 415 **General Electric Review**
General Electric Company, 1924 *Human Factors in Aging and Special Needs* Jay Kalra, 2024-07-24 Proceedings of the 15th International Conference on Applied Human Factors and Ergonomics and the Affiliated Conferences Nice France 24 27 July 2024 *The Handbook of Wellness Medicine* Waguhi William IsHak, 2020-08-20 This book presents scientific wellness interventions to aid healthcare professionals helping people complete their journeys to full health **Crossing Boundaries**
Maria Diedrich, Theron D. Cook, Flip Lindo, 2004 Upon walking U S inner city streets sooner or later you come upon groups of black kids wearing prison style outfits there is a boom box and rap music And inevitably you will hear the N word Upon entering a district housing migrants in any European city you will encounter almost identical scenes youngsters dressed in prison style the boom box rap Only most of the kids are of a white or olive complexion They call themselves Black albinos Wiggers or white N_____ Searching Into the Unknown General Electric Company, 1930 **Current Literature** , 1892
Day, A.L. Some causes of volcanic activity Franklin Institute (Philadelphia, Pa.), 1924 **The Routledge Handbook of Language and Humor** Salvatore Attardo, 2017-02-17 The Routledge Handbook of Language and Humor presents the first ever comprehensive in depth treatment of all the sub fields of the linguistics of humor broadly conceived as the intersection of the study of language and humor The reader will find a thorough historical terminological and theoretical introduction to the field as well as detailed treatments of the various approaches to language and humor Deliberately comprehensive and wide ranging the handbook includes chapter long treatments on the traditional topics covered by language and humor e g teasing laughter irony psycholinguistics discourse analysis the major linguistic theories of humor translation but also cutting edge treatments of internet humor cognitive linguistics relevance theoretic and corpus assisted models of language and humor Some chapters such as the variationist sociolinguistics stylistics and politeness are the first ever syntheses of that particular subfield Clusters of related chapters such as conversation analysis discourse analysis and corpus assisted analysis allow multiple perspectives on complex trans disciplinary phenomena This handbook is an indispensable reference work for all researchers interested in the interplay of language and humor within linguistics broadly conceived but also in neighboring disciplines such as literary studies psychology sociology anthropology etc The authors are among the most distinguished scholars in their fields Daily Graphic Oscar Tzedze, 1967-08-07 Medical Brief , 1913 Catalogue University of Minnesota, 1893 Glasgow Medical Journal , 1911 **Canada Lumberman** , 1924 American Review of Tuberculosis , 1922 *The American Review of Tuberculosis* , 1922 Volumes 1 3 include section Medical notes abstracts and reviews volumes 4 45 includes section titled Abstracts of tuberculosis volumes 46 includes section titled Abstracts *American*

Review of Tuberculosis and Pulmonary Diseases ,1921 Includes Abstracts section previously issued separately
Literary Digest ,1928

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web if you want to keep the dna for further experiments 13 dunk several times the spooled dna into a small tube containing clean alcohol and let air dry 14 at this point you can store the dna in sterile water in the freezer notes if you do not open the lid while the wheat germ is settling carbon dioxide will build up in the tube

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web from wheat germ protocol salk institute mobile lab step 1 obtain a numbered 50 ml conical vial with 10 ml of water write your number here step 2 to the tube with 10 ml water add 1g 1 pinch of raw wheat germ the wheat germ should settle to fill 1 2 the cone step 3 cap the tube and vigorously shake to mix for about 30 seconds

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