

# 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

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

- ☐ 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



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

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

# Morning Routine Best Returns

**Boardroom Classics**



## **Morning Routine Best Returns:**

**The Peak Performing Teacher** Mike Kuczala, 2022-01-27 Develop and implement an action plan for self care. Cultivating focus re energizing oneself and improving daily habits are essential for educators well being and the good that they pass along to students. Mike Kuczala asserts that educators greatest tool is a mirror in it teachers will find their greatest advocate for personal growth power wellness and vision themselves. However finding the time to implement new habits can be hard. Because small changes are easier to plan for and realize Kuczala concentrates on the habits that are most likely to yield significant improvements. This book guides educators in meaningful self reflection by providing Five critical practices to increase productivity and decrease anxiety. Reflection prompts and vignettes to guide readers in developing self care strategies. Practical checklists and templates to help educators maintain goals. Grounded in new research connecting personal change to professional improvement. Kuczala s approach to well being builds a bridge between mind and body to create a comprehensive path for success.

**Return on Ambition** Nicolai Chen Nielsen, Nicolai Tillisch, 2021-01-05 How do you become highly successful while living a fulfilling life and growing as a person? Most ambitious people struggle in at least one of these areas yet they feel they don t have the tools to improve their situation. Return on Ambition is the culmination of an ambitious effort to harness insights from recent research in psychology and neuroscience to help people pursue their ambitions more fruitfully. The result is a radical and holistic approach to achievement growth and well being that includes The Return on Ambition Self Assessment instructive clear measures of how well you are currently doing in getting the return you aspire to. The Trinity of Achievement Growth and Well Being research and wisdom that show that compromises in any of these three elements will cause declines in the others over time. The 7 Frenemies descriptions of personal attributes that are your core strengths as an ambitious person but that can also be the biggest obstacles to your success and fulfillment in life. The Return on Ambition Toolbox 4 tools that will help you articulate and pursue your ambition expand your self awareness and help you learn consciously. 4 Self Coaching Sessions instructions for 30 60 minute contemplations inspired by thought provoking questions. Nielsen and Tillisch have tried and tested experience inside the world of grand ambitions. This means that readers will find not only concepts brought to life with rich interviews and stories but also two authors who inherently understand their audience. Nicolai Chen Nielsen is an associate partner at McKinsey Company where he advises clients on leadership development culture change and agile transformations. He is the co author of Leadership at Scale and has published several articles on personal development. He is currently based in New York with his wife Samira and their two dogs Napoleon and Caesar. Nicolai Tillisch works with Cultivating Leadership the global coaching firm and is a co founder of Deliberate Development the venture behind the StepUpYourDay software solution. He has been a consultant with McKinsey Company and was an executive with DDB Worldwide Hutchison and Nokia Siemens Networks. Nicolai lives with his wife Ida and their children Margaux and Axel in Denmark.

*My Experiences While Out of My Body and My Return After Many Days*

Cora Linn Victoria Richmond,1915      *International Record of Medicine and General Practice Clinics* Edward Swift  
 Dunster, Frank Pierce Foster, James Bradbridge Hunter, Charles Eucharist de Medicis Sajous, Gregory Stragnell, Henry J.  
 Klaunberg, Félix Martí-Ibáñez, 1908      Return ... Feb. 22, 1849 Canada. Police Office, 1849      **Legislative Documents**  
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**Hospital for the Insane at Mt. Pleasant** Iowa Hospital for the Insane at Mount Pleasant, 1883      **Chinese Recorder and**  
**Missionary Journal** ,1921      The Big Black Book Boardroom Classics, 2001      **Legislative Documents** Iowa, 1890  
 Contains the reports of state departments and officials for the preceding fiscal biennium      Iron Trade Review ,1929  
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