

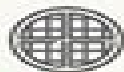
# 9 Tips to Master Your Morning

## 2. CUSTOMIZE YOUR ALARM



Instead of the traditional alarm, why not try waking up to one of your favorite songs? When you are gently roused from your slumber by a soft tune, you're likely to feel peaceful and composed—priceless emotions at the crack of dawn.

## 4. EAT BREAKFAST



In today's fast-paced world, it seems that the delights of breakfast are often surrendered to a hurried cup of coffee before running out the door. This is a big mistake.

## 6. TAKE THE STAIRS



Once you've made it to the office, take the stairs instead of the elevator. It's a perfect way to naturally work some exercise into your day, and it feels great to power up the steps and strut into the office feeling like you're on top of the world.

## 8. USE POWER POSES



Adjusting a simple thing like your posture can make a surprising difference in your morning. Sit with shoulders back and core engaged so you feel strong and ready for the day.

## 1. GET ENOUGH SLEEP

The National Sleep Foundation (who, *knew*, right?) recommends 7-9 hours per night for adults. The NSF also estimates that a lack of sleep costs the United States \$66 billion a year in loss of productivity and health care expenses.



## 3. EXERCISE

Exercising in the morning makes it easier to fit exercise into your day. Also, you get a nice shot of endorphins and some natural stress-relief first thing. That makes for a good start to a great day.



## 5. TREAT YOURSELF

It always helps to give yourself a little reward for getting up in the morning and tackling the day. Find one brief activity that you enjoy, like checking your favorite news app or listening to a bit of a podcast.



## 7. ENGAGE YOURSELF

Beginning your day by slogging through emails can be a productivity and motivation killer. If you can help it, try starting your most important and demanding task right when you get to your desk.



## 9. PRIORITIZE YOUR DAY

Prioritizing your day, especially by writing out your tasks, helps you feel confident and engaged until it's time to head home. Trello is great free tool that helps you organize your to-do lists.



# Morning Routine Tips Customer Service

**Stephen Mossop**



## **Morning Routine Tips Customer Service:**

*Routines: A Daily Guide to Overcoming Burnout and Rebuilding Energy (The Essential Guide to Creating Your Personal Morning Routine That Will Actually Work)* Miguel Crockett, 101-01-01 Reclaim your strength flexibility and confidence right from a chair Do you struggle with stiff joints low energy or limited mobility Aging doesn't have to mean losing your independence With just 30 minutes a day of simple chair yoga you can restore balance reduce pain and feel younger again no matter your age or fitness level This easy to follow guide makes yoga accessible for everyone especially seniors looking for safe gentle and effective exercises Here is a preview of what you'll learn How getting up early could change your day Time management Benefits of exercising early in the morning How to properly plan your day Why you should have a schedule every day Benefits of having a simple closet Why self motivation is vital in your morning routine Surprising health benefits of drinking water first after waking up Much much more Authored by an experienced school teacher who understands the challenges teens face this book is born from a passion for helping students succeed both inside and outside the classroom The author emphasizes that many obstacles to academic success stem from poor habits at home By establishing effective morning routines teens can set a positive tone for the rest of their day enhancing their ability to learn and thrive

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**A Career in the Sky: Your Step-by-step Guide to Becoming a Flight Attendant** Megha Madan, 2021-10-04 Written by an experienced international flight attendant A Career in the Sky is a practical and to the point guide on how to prepare for and be successful at one of the most envied jobs in the world For anyone who aspires to become a flight attendant this comprehensive book will be your key to having an edge over others and becoming the best of the best With simple language and valuable advice and information this book will help you understand everything you need to know about The application process How to write an impactful resume and covering letter How to prepare well for an interview Grooming to look smart and elegant How to answer tricky questions in the gruelling interviews Key attributes required roles and responsibilities Insightful strategies to clear the interview and get selected Be a step ahead of the competition and earn your wings with A Career in the Sky

**Customer Service in Academic Libraries** Stephen Mossop, 2015-10-06 The term customer service is not new to the academic library community Academic libraries exist to serve the needs of their community and hence customer service is essential However the term can be applied in a variety of ways from a thin veneer of politeness to an all encompassing ethic focussing organisational and individual attention on understanding and meeting the needs of the customer For customers the library's Front Line team is the human face of the library How well they do their job can have a massive impact on the quality of the learning experience for many students and can directly impact upon their success The importance of their role and the quality of the services they offer should not be underestimated but in an increasingly digital world and with potentially several thousand individuals visiting every day whether in person or online each with their own agendas and requirements how can the library's Front Line team deliver the personal service that each of these individuals need Customer Service in Academic Libraries contributes to what academic libraries as a community do really well the sharing of best practice It brings together in one place examples of how Front Line teams from libraries across a wide geographical area Hong Kong Australia Turkey and the United Kingdom work to get

it right for their customers Between them they cover a range of institutions including research intensive mixed HE FE private establishments and shared campuses All have their own tales to tell their own emphases their own ways of doing things and all bring their own examples of best practice which it is hoped readers will find useful in their own context Discusses customer service in a library setting Translates management theory into useful practice information Examines building relationships meeting customer needs and marketing and communication Provides examples of practical experience grounded in recent transferable experience     *The Ohio Bell* ,1930     Home Care Survival Guide Kay Green,1998  
 Overviews the home care industry covering specific issues of home care visits Four units discuss recent trends skills and concepts such as cultural adaptability supervision of paraprofessionals and application of the nursing process in the home care setting clinical activities nurses perform including teaching and infection control and the actual practice of home care nursing Boxed material highlights typical dilemmas in home care compares home and hospital care and offers tips and suggestions Annotation copyrighted by Book News Inc Portland OR     **The Weekly Underwriter** ,1921     Medicare and Medicaid Guide ,1969     *Bulletin - National Electric Light Association* National Electric Light Association,1929     *Drug Bulletin* ,1930     **N.E.L.A. Bulletin** National Electric Light Association,1929     **Trust Companies** ,1920     **Trusts and Estates** ,1920 Includes proceedings and reports of conferences of various financial organizations     *Ties* ,1950     *Norfolk and Western Magazine* ,1950     Real Estate Record and Builders' Guide ,1914     Country Guide and Nor'west Farmer ,1920

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