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# 75 MORNING ROUTINE ideas for you

- 1. Take a shower.
- 2. Massage your muscles.
- Go for a run/walk.
- 4. Do some facial exercises.
- Take vitamins.
- 6. Smile to yourself in the mirror.
- Meditate.
- 8. Write down affirmations.
- 9. Do visualization (Law of Attraction).
- 10. Say good morning to someone.
- 11. List out the day's goals.
- 12. Listen to a motivating podcast.
- 13. Listen to an audiobook.
- 14. Call a friend/family member.
- 15. Try a new breakfast recipe.
- 16. Organize your desk.
- 17. Watch the sunrise.
- 18. Make your room smell good.
- 19. Write a todo list.
- 20. Write a not todo list.
- 21. Track and limit your screen time.
- Check and respond to emails.
- 23. Preview the day's schoolwork.
- 24. Memorize a new vocabulary word.
- 25. Do a few practice problems.
- 26. Check and track your grades.

### **Morning Routine Tips Setup**

**Julia Schneider** 

#### **Morning Routine Tips Setup:**

10 Time-Saving Tips for Busy Parents Magdalena Battles, 2021-04-13 Manage Your Time to Maximize Your Joy Searching for some practical steps to a smoother simpler more organized life Look no further than this practical guide from author and parenting expert Dr Magdalena Battles Packed with personal examples of tried and true methods of saving time and maximizing your potential 10 Time Saving Tips for Busy Parents will inspire and equip you to take charge of your schedule and transform your life your home and your family for the better Who of us hasn t wasted time searching for lost items scrolling social media nagging our children to do their chores or wandering the grocery store in search of items we should have put on a list The regret and stress caused by squandered time is a burden for many families but it doesn t have to plaque yours any longer With the advice and wisdom of Dr Battles you can streamline your schedule stop wasting precious time and start seizing every moment with energy and joy No matter your age or the age of your children it isn t too late to take charge of your schedule and set up routines that will save you time and preserve your sanity The Empowered Mama Lisa Druxman, 2017-11-21 The Empowered Mom is a practical and interactive workbook full of simple powerful tools to help moms reconnect with themselves on the journey through motherhood 100 Questions & Answers About Attention **Deficit Hyperactivity Disorder (ADHD) in Women and Girls** Patricia Quinn, Quinn, 2010-10-20 If you are a woman who has been diagnosed with attention deficit hyperactivity disorder ADHD or the parent of a girl with the condition this book offers help 100 Questions Answers About Attention Deficit Hyperactivity Disorder ADHD in Women and Girls provides authoritative practical answers to common questions about this disorder Written by a renowned ADHD specialist this book presents important information about common symptoms the diagnosis process management and sources of support for women and girls with ADHD An invaluable resource this book provides the necessary tools for anyone coping with the emotional turmoil caused by ADHD 2012 242 pages AI in Practice: Transform Your Mind, Routine, and Income with Artificial Intelligence Arthur Feltrin, 2025-06-26 Unlock the Power of AI to Transform Your Mind Routine and Income Without Social Media Overwhelm or Guesswork This is not just another book about artificial intelligence This is a practical step by step system designed to help you think better focus deeper learn faster and create real passive income all powered by AI tools that you already have access to Whether you re tired of procrastinating stuck in chaotic routines or simply want to escape the hustle culture and live smarter this book is your guide Inside this book you ll learn how to Reorganize your life and mind using AI as your personal clarity coach Create intelligent adaptive routines that adjust to your real energy levels Use AI to master focus memory and information retention Write ebooks build digital products and generate passive income with zero experience Maintain a system that improves itself week after week Reprogram your subconscious using AI crafted commands and mental anchors Multiply your income by publishing across multiple platforms with no need for social media or exposure This is the missing link between your potential and your reality No fluff No empty theories Just efficient intelligent

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