IDEAS FOR YOUR MORNING ROUTINE

Create the Morning that Works for You

WAKE WITH AN ALARM WAKE TO MUSIC DRINK WATER DRINK WATER WITH LEMON DRINK COFFEE DRINK TEA EAT BREAKFAST FAST UNTIL MID-MORNING TAKE VITAMINS OR SUPPLEMENTS WATCH THE SUNRISE GET FRESH AIR DEEP BREATHING WORK OUT TALK A WALK YOGA STRETCH DANCE BIBLE READING DEVOTIONAL READING PRAYER READ TO LEARN READ A NOVEL READ AN INSPIRATIONAL QUOTE READ TO KIDS LISTEN TO A PODCAST LISTEN TO MUSIC WATCH A TED TALK

PLAY WITH YOUR KIDS

MAKE YOUR BED **BRUSH YOUR TEETH** SHOWER SELF-CARE MAKE A TO-DO LIST REVIEW YOUR TO-DO LIST SET PRIORITIES CHECK YOUR CALENDAR CHECK EMAIL REVIEW PLANS WITH FAMILY WORK ON A PERSONAL PROJECT WORK ON A HOME PROJECT PACK LUNCHES PREP FOR DINNER START LAUNDRY RUN THE DISHWASHER UNLOAD THE DISHWASHER WALK THE DOG MAKE A GROCERY LIST ORGANIZE YOUR PHONE PHOTOS DO A CROSSWORD PUZZLE **ENIOY A HOBBY** LEARN A NEW SKILL DO SOME GARDENING TALK TO A FRIEND IOURNAL GRATITUDE PRACTICE VISUALIZE YOUR GOALS.

Morning Routine Ideas

H Kauffman

Morning Routine Ideas:

The Winners' Morning Ritual Paula H Eder, 2021-04-15 Discover the secrets to creating a morning routine that fits your needs and lifestyle perfectly Would you like to experience your own expansion of possibilities Have you ever imagined wonderful morning rituals to help you start each day off right If your day starts well it will probably end well too Well you are the lifeblood of your days and nothing beats morning rituals to start your days off right What are some of these rituals Keep reading to find out Many people adopt someone else's morning ritual but find it doesn't work in their life Fortunately creating the perfect morning ritual isn t that difficult While you probably need some guidance creating a great morning routine is relatively easy once you know how to do it This book THE WINNERS MORNING RITUAL Secret Routines That Help to Kick Off a Good Start Into Every Day will help you create the perfect morning ritual based on your life Inside are tested and proven morning rituals routines methods ideas tactics tricks tips and practices that if applied with dedication can help you create a morning routine that will improve your productivity energy and happiness throughout the day Chapters and subsections give you extensive and small practices that cover essential topics like Why you need to have a morning routine How soon can you expect the benefits of a morning ritual How a primary goal will help you create an effective morning routine How to Create a New Morning Routine Based on Your Current Routine Ideas and tips for busy morning routines Why you need a slow morning routine Ideas and tips for slow morning routines. The dangers of using gadgets in the morning Ways to use your time at night to make your morning sweeter How to further improve your routine at all levels etc And all you need to do is follow them with commitment These are methods and practices that you can start applying today or even tomorrow to help you give yourself what you need to live your life fully and happily This revolutionary book s content will empower your day and guide you through creating a calm start to the day to multiply your productivity results So if you want to be happy productive and feel energized scroll up and click on the Buy Now button to order your copy and prove that you re committed to experiencing your own expansion of possibilities 100 Ideas for Primary Teachers: Daily Reflections Adam Bushnell, 2023-10-12 Providing a hands on way to practice mindfulness with children this book offers 100 innovative activities for primary teachers to incorporate reflective and meditative practice into their classroom Designed for everyday use 100 Ideas for Primary Teachers Daily Reflections is the perfect guide for teachers wanting to promote and encourage positive mental health and emotional wellbeing within the classroom through reflective activities that will help prompt insightful discussions Featuring 100 meditations that are prefaced with inspiring quotes the reflective activities cover topics such as wisdom love present moment awareness perseverance living in the now being calm kindness to self and kindness to others Each idea helps children to reflect on one of these particular topics improve their focus and self regulate their emotions Written by expert practising teachers the 100 Ideas books offer practical ideas for busy teachers They include step by step instructions teaching tips and taking it further ideas Follow the conversation on Twitter using 100Ideas Habits of the

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Like it or not our morning habits form the stack that our whole day is built on Whether you want to boost your productivity implement a workout or meditation routine or just learn to roll with the punches in the morning this book has you covered

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