Morning Routine Checklist



don't snooze your alarm





stay off your phone for the first hour



journal



skin care routine





read at least 10

pages



have a glass of water



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L Reisser

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Routines: How to Create the Ultimate Daily Routine for More Energy (The Essential Guide to Creating Your Personal Morning Routine That Will Actually Work) Troy Borunda,101-01-01 This book is straight to the point featuring the best time management tips and methods that have worked for me along with numerous tongue in cheek anecdotes of my zany unpredictable family Not a mother Don t fret Although this book is geared towards busy working mothers there are Inside the book The secret to creating the ultimate morning routine so you can have your best day every day Hint It has 3 parts How to get more done with an ultra efficient work routine plus the ultimate work routine for squeezing every last drop of potential out of your work hours How to renew your energy throughout the day with an energy ritual for all day energy and productivity plus how to schedule tasks according to your energy levels Why having cold showers every morning can leave you feeling more energized happy and productive The secret to waking up feeling energized Hint It has nothing to do with how long you sleep for If you ve tried organizing books before with little success this guide offers solutions specifically tailored to the ADHD experience Concerns about complex systems We focus on simplicity and sustainability Skeptical about the time commitment Our practical advice is quick and actionable fitting seamlessly into your busy schedule Harness the tools enclosed to turn your challenges into victories shedding the mental and physical clutter that has held you back

Mastering Professional Help Desk Skills: A Comprehensive Guide for Customer Service Excellence Gerard Assey, 2024-03-11 Mastering Professional Help Desk Skills A Comprehensive Guide for Customer Service Excellence is a comprehensive book designed to empower help desk professionals customer service representatives and CS Engineers with the essential skills needed for success in personal telephone and internet interactions From the significance of first impressions to the intricacies of complaint handling the book explores the art of customer service. It emphasizes the human element going beyond technicalities to cultivate a customer centric mindset Readers will discover practical insights real world examples and actionable strategies to enhance their communication problem solving and stress management abilities Through a structured approach the book provides tools action plans and a commitment to continuous improvement fostering a culture of excellence This guide is a roadmap for individuals seeking to not only meet but exceed customer expectations ultimately contributing to the success of their teams and organizations The Book covers Preface Crafting Lasting Impressions in Customer Service The Importance of Customer Service Key Benefits of Providing Excellent Customer Service The Roles Responsibilities Functions of a HELP DESK Professional KEY Attributes Traits and Qualities of Help Desk Professionals Telephone Techniques and Skills Pre Call Planning and Preparation During the Call Steps to a Professional Service Call Effective Questioning and Listening Skills Open ended Questions to get to the Root of Issues in Various Categories of Industries Steps to be a Good Listener Handling Complaints and Angry Customers Resolving Complaints Effectively Empowering Frontline Staff to Resolve Issues Personal Face to Face Interaction Ensuring Proper Grooming and Presenting a

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