



Morning Routine

TO SET UP YOUR DAY FOR SUCCESS

- ☐ Don't check your phone for the first 15 minutes
- ☐ Journal 3 things you are grateful for
- ☐ Make your bed
- ☐ Drink 500 mL of water
- ☐ 5-10 minute stretch
- ☐ Brush your teeth & wash your face
- ☐ Work out for 20 minutes
- ☐ Take a cold shower
- ☐ Meditate
- ☐ Take probiotics & vitamins
- ☐ Coffee time!
- ☐ Read an article about something you want to learn about while eating
- ☐ Review your schedule to check for meetings
- ☐ Write your to-do list for the day
- ☐ Get your day started! You got this!

Joanna Rahier.com

Morning Routine Guide

Lei Huang

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Morning Routine Guide:

Ignite the flame of optimism with is motivational masterpiece, **Morning Routine Guide** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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web two events or behaviors within the system can be seen to be independent if the probability of one of them happening is

unaffected by changes made to the other in shorthand code independent is when $p \perp b \mid p \perp a$ in human words a is going to do whatever it does regardless of what b does

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web when attempting to catch the ball the probability gary is successful is $\frac{3}{4}$ during the game gary attempts two catches find the probability gary is successful with both catches 2 2 helen is taking part in a quiz on tv the probability she answers a question correctly is $\frac{4}{5}$ helen is asked two questions

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web firstly if there are two independent events then we multiply the probability of the first event with the probability of the other for instance if there are three dice then what is the probability of getting three 5s the probability of getting a single 5 is $\frac{1}{6}$ then the probability of getting 3 5s is $\frac{1}{6} \times \frac{1}{6} \times \frac{1}{6} = \frac{1}{216}$

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