

MORNING

ROUTINE

for stress-free beginnings

Wake-Up

- Let in natural light
- Make bed

Make-Up

- Take a shower
- Do hair & makeup
- Get dressed

Fuel-Up

- Make coffee or tea
- Make breakfast

Catch-Up

- Bullet Journal
- Organize day
- Check phone messages

Think-Up

- Lumosity
- Reading

Clean-Up

- Kitchen
- Daily chore

Don't hit "snooze"
No phone till time

Don't leave the
bathroom till hair
and makeup
are done

Add focus boost to
a smoothie for
extra fuel

Sit down with
breakfast and focus
on the big picture

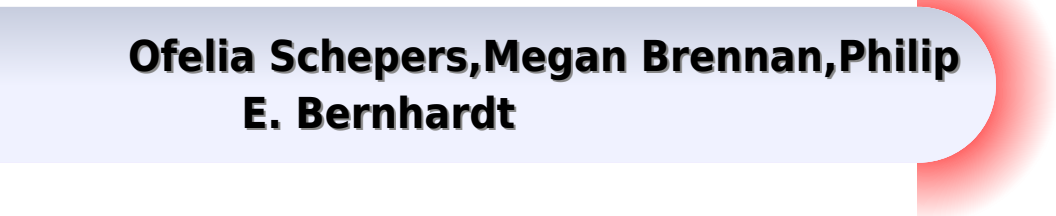
Don't rush it -
Take your time & get
something from it

Pack-Up

- Lunch
- Make sure you
have everything
for the day!

Morning Routine Review Setup

**Ofelia Schepers, Megan Brennan, Philip
E. Bernhardt**



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The 5AM Advantage and How to Own Your Mornings: How to Win Before Noon Silas Mary, 2025-02-14 The most successful people in the world often credit their early mornings as the key to their success This book explores the powerful advantages of waking up at 5AM and how it can set the tone for an incredibly productive day You ll learn how to structure your mornings for success by incorporating habits like exercise meditation reading and goal setting By mastering your mornings you ll build momentum that carries you through the rest of your day with energy focus and drive Waking up early isn t just about getting a head start it s about creating a dedicated time for self improvement and growth This book provides a roadmap for owning your mornings developing a consistent early rising routine and using those precious morning hours to set yourself up for success With the 5AM advantage you ll learn how to conquer your day before most people have even started giving you a massive edge in everything you do *Unlock the Science of Goal-Setting and Achievement: How to Set Big Goals and Actually Reach Them* Silas Mary, 2025-02-11 Setting goals is easy achieving them is where most people struggle This book reveals the science behind effective goal setting and teaches you how to turn ambitions into reality Learn how to set clear actionable goals create a roadmap for success and stay motivated through every step By mastering these goal setting techniques you ll break through obstacles maintain focus and consistently achieve what you set out to accomplish Whether you re an entrepreneur student or professional this book will help you turn your dreams into measurable results **Parenting the AuDHD Teen** Ruth Margie Holmes, Transform Your Family Life with Evidence Based Strategies for AuDHD Teens Parenting a teenager with both autism and ADHD presents unique challenges that traditional advice simply doesn t address This comprehensive guide provides practical research backed solutions for families navigating the complex intersection of these two neurotypes Inside this essential resource you ll discover Neurodiversity affirming approaches that honor your teen s authentic self while building essential life skills Communication strategies that actually connect with AuDHD thinking patterns and emotional needs Environmental modifications that support both sensory regulation and executive function challenges Educational advocacy tools for securing appropriate accommodations and services Crisis management techniques for meltdowns shutdowns and emotional intensity Daily routine frameworks that balance structure with flexibility Technology and screen time guidelines tailored to neurodivergent needs Sleep solutions that address complex circadian rhythm challenges Social navigation support for building authentic friendships and community connections Independence preparation strategies for successful transition to adulthood This guide moves beyond one size fits all approaches to provide individualized strategies that work with not against your teen s neurological differences Each chapter includes real family stories practical implementation steps and evidence based interventions developed specifically for the AuDHD experience Perfect for parents caregivers educators and mental health professionals seeking comprehensive support for teens who experience the world through both autistic and ADHD perspectives Stop fighting against your teen s

neurodivergence and start building on their unique strengths This book provides the roadmap for creating a thriving family life that celebrates neurodiversity while addressing real challenges with compassion and expertise **Happy AF** Beth Romero,2025-07-30 Feeling crappy Wanna be happier Wanna up your game Happy AF is your comprehensive roadmap for happiness Drawing heavily from neuroscience positive psychology and behavioral science the straightforward strategies and exercises in this how to guide will teach you how to strengthen your happiness muscle and live up to your greatest potential Happiness junky Beth Romero serves up a life affirming parable laced with contextual how tos all backed by clinical research in fresh insightful and accessible language you can relate to Kinda like your best friend giving it to you straight with love over cocktails In this book you will discover the art of letting go proven ways to jiu jitsu your negative thoughts to transform your life how goals vision purpose are the stepping stones to greatness the importance of gratitude and grace in your happiness journey the scientific link between sleep morning routines diet and exercise on your mental well being and much much more Happiness is a choice and it s within your reach If you do the work If you believe Much like Dorothy with her ruby slippers the power is always within you just waiting for you to access it So get ready to click your Manolos Dr Martens or Adidas and find your happy place **Naval Training Bulletin** ,1953 Quarterly Review ,1865 *The Quarterly Review* William Gifford,Sir John Taylor Coleridge,John Gibson Lockhart,Whitwell Elwin,William Macpherson,William Smith,Sir John Murray (IV),Rowland Edmund Prothero (Baron Ernle),1865 **Born Twice, Built Once** Siddharth Sharma,2025-05-26 Born Twice Built Once is a powerful journey of inner transformation personal growth and purposeful living In this deeply reflective and motivational book the author shares raw experiences profound insights and practical wisdom gathered through years of overcoming emotional struggles societal expectations and self doubt Drawing inspiration from spiritual teachings leadership principles and the author s real life evolution this book is a guide for anyone who feels called to rebuild their life not just from the outside but from the inside out Whether you re navigating your identity seeking clarity of purpose or striving for lasting success Born Twice Built Once will inspire you to rise beyond circumstances shift your mindset and live with unwavering authenticity This is not just a book it s a blueprint for becoming the person you were always meant to be **The Saturday Review of Politics, Literature, Science and Art** ,1868 **The American Monthly Review of Reviews** ,1899 *American Monthly Review of Reviews* Albert Shaw,1899 The American Monthly Review of Reviews Albert Shaw,1899 **Exhibitors Daily Review** ,1948 House documents ,1892 **Annual Report to the Secretary of War** United States. War Dept. Inspector General's Office,1892 Annual Reports for ..., Made to the ... General Assembly of the State of Ohio .. Ohio,1880 **Executive Documents, Annual Reports** Ohio,1880 *Journal of the Royal Society of Arts* ,1873 **General Electric Review** General Electric Company,1914 Legislative Documents Ohio. General Assembly,1880

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