



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 Scholarships This Month

BM King

A decorative graphic consisting of a horizontal light blue bar with a rounded right end. To the right of the bar is a red circular gradient that fades into the white background.

Morning Routine Scholarships This Month:

Adopting the Melody of Expression: An Emotional Symphony within **Morning Routine Scholarships This Month**

In a global eaten by monitors and the ceaseless chatter of immediate communication, the melodic beauty and emotional symphony produced by the written word frequently diminish into the backdrop, eclipsed by the constant sound and disruptions that permeate our lives. However, situated within the pages of **Morning Routine Scholarships This Month** a charming literary prize filled with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, that fascinating masterpiece conducts visitors on a mental trip, skillfully unraveling the hidden melodies and profound influence resonating within each carefully constructed phrase. Within the depths of the emotional analysis, we shall explore the book is central harmonies, analyze its enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

<http://nevis.hu/results/publication/default.aspx/Booktok%20Trending%20Deal.pdf>

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