

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

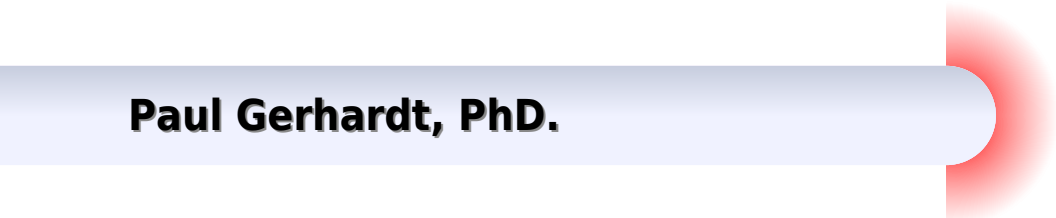
Don't rush it -
Take your time & get
something from it

Pack-Up

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

Morning Routine Review Tutorial

Paul Gerhardt, PhD.



Morning Routine Review Tutorial:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, Experience Loveis Journey in **Morning Routine Review Tutorial** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

<http://nevis.hu/data/detail/index.jsp/Monad%20Aka%20Powershell%20Introducing%20The%20Msh%20Command%20Shell%20And%20Language%20Andy%20Oakley.pdf>

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