



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!

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Smart but Scattered Adults Effortlessly Unleashing the Power of the ADHD Mind David Chan,2024-05-24 Are you feeling overwhelmed and disorganized in today's fast paced world You're not alone Recent research indicates that the constant connectivity of our modern world coupled with increasing work and family demands may overwhelm the part of our brain responsible for managing complex tasks This is particularly true for those with weaker executive skills the fundamental brain based abilities required to stay focused meet deadlines and remain calm under pressure In this indispensable guide renowned expert David Chan provides strategies to enhance your organizational skills time management emotional control and nine other vital capacities This book is brimming with science backed strategies and real world examples for creating a personalized action plan Whether at work or home you can accomplish more with less stress Don't forget to check out the authors highly acclaimed Smart but Scattered parenting guides an academic planner for students and related titles for professionals These resources are designed to help you navigate life's challenges with grace and efficiency

The Connected Home Barrett Williams,ChatGPT,2025-08-09 The Connected Home is your blueprint for turning any residence into a responsive energy smart living space This practical guide reveals how occupancy driven real time management can slash bills boost comfort and make daily routines effortless Begin by tapping into your home's energy pulse how to audit existing systems measure baseline consumption and set realistic savings and comfort goals Then you'll master sensor strategy what to measure why it matters and how to protect privacy while gathering actionable signals Learn how data flows from sensors to smart actions balancing local processing with secure cloud options Build dependable models that reflect weather occupancy and appliance patterns and translate them into thermostat and HVAC optimization zoning and humidity control Discover lighting that actually saves time and energy plus smart scheduling for appliances and effective load shifting that fits busy lives Streamline kitchen and laundry workflows with energy aware modes and leak prevention Privacy and security accompany every step followed by a user experience designed to feel invisible onboarding that doesn't overwhelm predictable automations and gentle nudges that stay in the background Explore interoperability and ecosystem design choosing protocols and platforms avoiding vendor lock in and planning for long term maintenance as technologies evolve See measurable results with analytics that matter actionable energy savings metrics time saving KPIs and iterative improvement loops The book translates concepts to dollars with ROI insights incentives rebates and financing reinforced by real world case studies from urban suburban and multi story homes Cap it with a 90 day transformation plan that guides you from quick wins to full automation plus chapters on maintenance DIY versus professional help troubleshooting seasonal adaptations and privacy by design If you're ready to reclaim control of your energy and your time The Connected Home is your step by step map to a calmer smarter and more efficient home Start your transformation today

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