

75 MORNING ROUTINE

ideas for you

1. Take a shower.
2. Massage your muscles.
3. Go for a run/walk.
4. Do some facial exercises.
5. Take vitamins.
6. Smile to yourself in the mirror.
7. Meditate.
8. Write down affirmations.
9. Do visualization (Law of Attraction).
10. Say good morning to someone.
11. List out the day's goals.
12. Listen to a motivating podcast.
13. Listen to an audiobook.
14. Call a friend/family member.
15. Try a new breakfast recipe.
16. Organize your desk.
17. Watch the sunrise.
18. Make your room smell good.
19. Write a todo list.
20. Write a not todo list.
21. Track and limit your screen time.
22. Check and respond to emails.
23. Preview the day's schoolwork.
24. Memorize a new vocabulary word.
25. Do a few practice problems.
26. Check and track your grades.

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Morning Routine Ideas Download

Robby Burns



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Decoding **Morning Routine Ideas Download**: Revealing the Captivating Potential of Verbal Expression

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web we utilize the equation that relate amount remaining initial mass and number of half lives $n = \frac{t}{T} \times \log_2 \left(\frac{A_0}{A} \right)$

125 g 5 what is the half life of an isotope that is 80 remained after 16 days solution remaining 80 100 therefore $n = \frac{16}{T} \times \log_2 \left(\frac{100}{80} \right)$

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