

MORNING ROUTINE

game plan

Creating a morning routine that works for YOU and your lifestyle is easier than you may think! To build out your own perfect morning recipe, just pick 1-2 ingredients from each category and order them in the way that makes the most sense for you! Once you have your routine, start implementing it daily!

Keep in mind you can always adjust your picks AND their order if something isn't working. And give yourself some time to get into a solid routine—remember, it takes 28 days to build a habit!

Mental Health Habits

- ☐ Write 5 things you're grateful for
- ☐ Read a chapter of a book
- ☐ Listen to a podcast
- ☐ Pray/meditate for 10 minutes

Physical Health Habits

- ☐ Spend 5-15 minutes stretching
- ☐ Drink a glass of water
- ☐ Go for a walk
- ☐ Take care of your skin

Emotional Health Habits

- ☐ Open your blinds & get outside
- ☐ Make a tea or coffee
- ☐ Make someone feel special
- ☐ Spend time on a hobby

Productivity Habits

- ☐ Make your bed immediately
- ☐ Identify your top 3 priorities
- ☐ List out everything you want to do
- ☐ Start work at the same time daily

MY MORNING ROUTINE

recipe













Morning Routine Prices Customer Service

Paul Longley



Morning Routine Prices Customer Service:

Morning Routine Prices Customer Service Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has been much more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Morning Routine Prices Customer Service**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

<http://nevis.hu/public/browse/fetch.php/Metabolic%20Pathways%20Study%20Guide.pdf>

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