

Morning Routine Checklist for Adults

Night Before

- Disconnect from electronics 1 hour before sleep
- Write down 1 to 3 priorities for tomorrow
- Ensure 8 hours of sleep planned
- Set a non-phone alarm, keep the phone away from the bed
- Add a personal goal:

Morning Routine

1. Eat Right

- Hydrate with 12 oz of water, a pinch of sea salt, and ¼ lemon
- Eat 30 grams of protein within 30 mins of waking
- Delay coffee until after eating breakfast
- Prefer protein-rich foods, minimize carbs
- Add a personal goal:

2. Move

- Engage in light physical activity (e.g., yoga, walking)
- Stretch or do a quick series of flexibility exercises
- Incorporate a short strength training routine, using bodyweight exercises
- Go for a brisk outdoor walk or bike ride for fresh air and sunlight
- Add a personal goal:

3. Learn

- Read or listen to something inspirational or educational
- Journal for 5-10 minutes on gratitude or goals
- Practice a foreign language for 10-15 minutes
- Listen to a podcast or audiobook relevant to your personal or professional growth
- Add a personal goal:

4. Plan

- Review your goals for the day and list three most important tasks to achieve these goals.
- Schedule your day ahead
- Add a personal goal: Reevaluate monthly goals

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Nursing Homes, 2006 **Handbook of Crisis Counseling, Intervention, and Prevention in the Schools** Jonathan H. Sandoval, 2001-10 Featuring new chapters on bullying sexual assault natural disasters eating disorders and cultural considerations the second edition of this highly popular Handbook provides a one stop reference for mental health professionals who face a bewildering variety of school based crises Key features include a focus on both prevention and intervention and ongoing discussions of the research that underlies best practice Like the first edition chapters follow a parallel structure that includes the incidence prevalence and impact of the crisis theories regarding precipitating factors discussion of who is at risk for encountering the crisis primary prevention activities methods of working with high risk clients developmentally appropriate methods and intervention activities for individuals and developmentally appropriate methods and activities for groups The result is an unusually coherent volume that is suitable for graduate work in school psychology school counseling school social work and school nursing or as a reference work for in service practitioners

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Home Workouts for Beginners Peggy Twomey, 2025-09-10

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