
Morning Routine

*“Every passing hour brings the Solar System forty-three thousand miles closer to Globular Cluster M13 in Hercules – and still there are some misfits who insist that there is no such thing as progress.”
~ Kurt Vonnegut*

06:00 AM Last Snooze ☹
06:05 AM Make Coffee
06:10 AM Get Dressed
06:13 AM Take Meds
06:15 AM Brush Teeth
06:20 AM Walk Dog
06:35 AM Coffee Time ☕
06:40 AM Check Weather 🌧
06:50 AM Review Schedule 📅
07:00 AM Wash Face
07:10 AM Makeup and Hair
07:40 AM Pack Bag
07:45 AM Take Mom to Work

⚙ End Morning Routine

Pre-Lunch Plan

*I urge you to please notice when you are happy, and exclaim or murmur or think at some point, “If this isn’t nice, I don’t know what is.”
~ Kurt Vonnegut*

08:00 AM Last Snooze
08:15 AM Wash Face
08:30 AM Wash Face
08:45 AM Wash Face
09:00 AM Make Coffee
09:15 AM Wash Face
09:30 AM Wash Face
09:45 AM Wash Face
10:00 AM Get Dressed
10:15 AM Wash Face
10:30 AM Wash Face
10:45 AM Wash Face
11:00 AM Take Meds
11:15 AM Wash Face
11:30 AM Wash Face
11:45 AM Wash Face

🍴 Lunch Time!

🍴 Lunch 🍴

Target 1.A Halve, between 1990 and 2015, the proportion of the people whose income is less than \$1 a day.

1.1 Proportion of population below \$1 purchasing power parity (PPP) a day^a
