

# Boost Productivity and Happiness: The Morning Miracle Guide

## **Description**

Do you struggle to wake up feeling energized and excited for the day ahead? You're not alone. Mornings can be tough for many of us. But what if I told you there's a simple, effective way to turn your mornings into something fun?

The first step to creating a great morning routine is ensuring you get a good night's sleep. Try to go to bed and wake up at the same time every day, even on weekends. This helps your body stay in sync. Establish a bedtime ritual, like reading or taking a relaxing bath, to signal to your body that it's time to wind down.

Make your bedroom an ideal sleep environment by keeping it dark, quiet, and comfortable. Invest in a good mattress and pillow, and consider using blackout curtains or wearing earplugs to block out light and noise. Limit screen time before bed to avoid the negative effects of blue light on your sleep.

The next step is to create a morning routine that you look forward to. This could include enjoying a delicious breakfast, doing some yoga, taking a walk, or listening to music. Fuel your body with a healthy breakfast and consider adding mindfulness practices like meditation or deep breathing to reduce stress and boost concentration.

Consistency is key when building new habits, so stick to your bedtime and morning rituals. By following these tips, you'll find yourself waking up ready to tackle the day with a smile on your face.

# **Vocabulary List:**

- 1. **Energized** /'ɛnər,jaɪzd/ (adjective): Filled with energy or enthusiasm.
- 2. Routine /ruːˈtiːn/ (noun): A sequence of actions regularly followed.
- 3. **Mindfulness** /'maindfəl.nəs/ (noun): The quality of being aware of something with a focus on the present moment.
- 4. Concentration /,kon.sən'treɪ.ʃən/ (noun): The action or power of focusing one's attention or mental effort.
- 5. **Ritual** /'rɪtʃ.u.əl/ (noun): A religious or solemn ceremony consisting of a series of actions performed according to a prescribed order.
- 6. **Consistent** /kənˈsɪs.tənt/ (adjective): Acting or done in the same way over time especially so as to be fair or accurate.

# **Comprehension Questions**



#### **Multiple Choice**

1. What is recommended to create a great morning routine?

Option: Sleeping in different hours every day

Option: Keeping a consistent bedtime and wake-up time

Option: Using an alarm clock only on weekdays

Option: Drinking coffee right before bed

2. How can you signal to your body that it's time to wind down before bed?

Option: Listening to loud music Option: Watching an action movie

Option: Reading or taking a relaxing bath

Option: Exercising vigorously

3. What is recommended to create an ideal sleep environment?

Option: Using bright lights in the bedroom

Option: Keeping the bedroom noisy

Option: Investing in a good mattress and pillow

Option: Sleeping with the TV on

4. What should you limit before bedtime to improve sleep quality?

Option: Eating a heavy meal

Option: Screen time Option: Drinking water

Option: Taking a warm bath

5. What is a recommended practice to reduce stress and boost concentration in the morning routine?

Option: Drinking sugary beverages
Option: Meditation or deep breathing

Option: Skipping breakfast
Option: Listening to loud music

6. What does consistency help with when building new habits?

Option: Inconsistency in routines

Option: Creating chaos

Option: Sticking to bedtime and morning rituals

Option: Changing habits frequently



#### **True-False**

- 7. Having a consistent bedtime and wake-up time is important for a great morning routine.
- 8. Investing in a good mattress and pillow is not necessary for an ideal sleep environment.
- 9. Limiting screen time before bed can negatively impact sleep quality.
- 10. Mindfulness practices like meditation can help reduce stress and boost concentration.
- 11. Creating chaos in routines is beneficial for building new habits.
- 12. Mornings are usually easy for everyone.

#### **Gap-Fill**

Gap-Fill		
14. Make your bedroom an ideal sleep environment by keeping it dark, quiet, and		
15. Consistency is key when building new habits, so stick to your bedtime and morning		
·		
16. By following these tips, you'll find yourself waking up ready to tackle the day with a smile on your		
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17. Establish a bedtime ritual, like reading or taking a relaxing, to signal to your		
body that it's time to wind down.		
18. Fuel your body with a healthy breakfast and consider adding mindfulness practices like		
or deep breathing to reduce stress and boost concentration.		

### **Answer**

Multiple Choice: 1. Keeping a consistent bedtime and wake-up time 2. Reading or taking a relaxing bath 3. Investing in a good mattress and pillow 4. Screen time 5. Meditation or deep breathing 6. Sticking to bedtime and morning rituals

True-False: 7. True



8. False 9. True 10. True 11. False 12. False

Gap-Fill: 14. comfortable 15. rituals 16. face 17. bath 18. meditation

# Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. What is a general increase in prices and fall in the purchasing value of money?

Option: A. Deflation Option: B. Stagnation Option: C. Inflation Option: D. Recession

2. Who is the final user of goods and services produced?

Option: A. Manufacturer

Option: B. Investor Option: C. Regulator Option: D. Consumer

3. What is a significant decline in economic activity lasting longer than a few months?

Option: A. Expansion Option: B. Inflation Option: C. Recession Option: D. Growth

4. What term is used to describe an investor sentiment that the market will rise?

Option: A. Bearish Option: B. Volatility Option: C. Neutral Option: D. Bullish

5. What are taxes or duties to be paid on a particular class of imports or exports?

Option: A. Subsidies Option: B. Savings Option: C. Tariffs Option: D. Exports

6. Which term refers to the genuine original nature of something?

Option: A. Forgery
Option: B. Artificiality
Option: C. Authenticity



Option: D. Impersonation	
7. Who are individuals who start and operate a busi	iness taking on financial risk to do so?
Option: A. Employees	
Option: B. Entrepreneurs	
Option: C. Investors	
Option: D. Suppliers	
8. What is the quality of being honest and having st	crong moral principles?
Option: A. Deception	
Option: B. Integrity	
Option: C. Dishonesty	
Option: D. Corruption	
9. What is the period during and after pregnancy fo	r a woman?
Option: A. Adolescence	
Option: B. Infancy	
Option: C. Old age	
Option: D. Maternity	
10. What is the process of inheriting a title office or	
Option: A. Promotion Option: B. Demotion	
Option: B. Demotion	
Option: C. Succession	
Option: D. Displacement	
Gap-Fill ( Fill in the blanks with the correct w	ord from the vocabulary list. )
11. Statisticians analyze and interpret data to assis	t businesses in making
12. Establishing a daily ca	an help improve productivity and time management.
13. Practicing mindfulness can enhance	and focus.
14. An monopoly is one c	reated or enforced by a government.
15. Mediation is often used to resolve legal	outside of court.
16. Digital artists often use	_ techniques to protect their work from plagiarism.
17. It is essential to have a properly	task list to ensure important deadlines are



met first.		
18. He has an outstanding ability excelling in both math and creative writing.		
19. After a good night's sleep she woke up feeling and ready to tackle the day.		
20. Regular exercise and a balanced diet can contribute to a longer		
Matching Sentences ( Match each definition to the correct word from the vocabulary list. )		
21. The ultimate user of goods and services in the economic system.		
22. The general feeling or attitude of investors towards a particular market.		
23. The degree of variation in trading price series over time.		
24. A significant decline in economic activity lasting longer than a few months.		
25. The practice of focusing one's attention on the present moment.		
26. A set of actions or behaviors followed routinely often with symbolic meaning.		
27. General direction in which something is developing or changing.		
28. Taxes or duties to be paid on a particular class of imports or exports.		
29. The quality of being genuine and original.		
30. The process of inheriting a title office or other position.		

## **Answer**

**Multiple Choice:** 1. C. Inflation 2. D. Consumer 3. C. Recession 4. D. Bullish 5. C. Tariffs 6. C. Authenticity 7. B. Entrepreneurs 8. B. Integrity 9. D. Maternity 10. C. Succession

**Gap-Fill:** 11. predictions 12. routine 13. concentration 14. artificial 15. disputes 16. watermarking 17. prioritized 18. intellectual 19. energized 20. longevity

**Matching sentence:** 1. Consumer 2. Sentiment 3. Volatility 4. Recession 5. Mindfulness 6. Ritual 7. Trends 8. Tariffs 9. Authenticity 10. Succession

#### **CATEGORY**

1. Business - LEVEL3



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