

THE MORNING RITUAL

Know What You Want From Your Morning Routine

- Ask yourself the purpose of your morning routine
  - A more consistent daily life.
  - Improve health.
  - Improve mind and soul.
  - Reconnect with yourself.
  - Start the day on a productive note.
- Knowing the purpose of your morning routine helps you create a routine that best meets your goals.

Morning Routines For Busy Mornings And Busy People

- Wake up early
  - Get a better start on your day.
  - Allows you the time to you have a morning routine.
- Meditate to prepare for the day
  - Improve your mindset.
  - Improves your focus.
- Prep the night before
  - Makes the morning easier.
  - Make any decisions the night before.
- Practice gratitude.
- Use your commute to listen to an audiobook or podcast.
  - Maximizes your time.
  - Awakens and improves your brain.
- Turn off your phone
  - Removes distractions.
- Move and get active
  - Moving in the morning is better for your health.
  - You won't put it off at the end of the day.

Morning Routines For Slow Mornings

- Only create a slow morning routine when it is realistic.
  - Weekends.
  - Any days off.
- When you need a break.
- Focus on four things
  - What is most important for slow mornings?
  - When will you make yourself get up?
  - What part of your morning routine do you want done more slowly?
  - What is something you would like to incorporate into your slow morning routine that you can't do during your regular routine?
- Plan ahead
  - Hold yourself accountable, even when you want to sleep in.
  - Know how to cut yourself some slack.

Don't Forget About Your Nighttime Routine

- Nighttime routines help us prepare for the morning
  - Refresh us.
  - Prevent us from making decisions in the morning.
  - Help us relax in the mornings, even when it is busy.
- Use your night and morning routines together to best tackle your goals
  - Plan meals, food, and wake up time at night.
  - Go to bed at a reasonable hour to wake up refreshed.
  - Do not use devices one hour before bed.
  - The night routine should relax you for sleep.
  - Allow mornings to set the stage for the day.
  - Do not use devices the first hour you are awake.
  - The morning routine should awaken and prepare you for the day.

How A Morning Ritual Can Benefit You

- Prepares you for the rest of the day.
- Increases your productivity.
- Helps you feel in control of your day and life.
- Increases happiness
  - Lowens your stress and anxiety.
- Eating healthy.
- Exercising.
- Journaling.
- Helps to develop healthy habits.
- Boosts your energy levels.
- Improves relationships with your friends, family, and self.
- Fights forgetfulness.
- Improve self confidence and low.
- Helps you problem solve better.
- Makes mornings easier.
- Increases overall well being
  - Mental.
  - Emotional.
  - Physical.
  - Spiritual.

Start With What You Have

- Think about what you already do in the morning
  - Use that as a potential base
- Ask yourself key questions to know and learn what morning routines would be right for you.
  - What is your ideal morning like?
  - What causes anxiety in the morning?
  - What are some things you can do to make your mornings easier?
- Start with baby steps.
- Improvise and change your plan if it doesn't work.

Consider Ditching Devices

- Do not use your phone the first hour you are awake.
  - Increases stress.
  - Increases depression.
  - Disrupts your sleep cycle.
  - Creates distractions in your day.
- Locking at your phone in the morning causes negative health effects.
- Invest in an actual alarm clock.
- Keep your phone on do not disturb throughout your entire morning routine.
- Replace what would be your screen time with something more productive.
  - Reading.
  - Writing.
  - Exercising.
  - Drinking water.
  - Priority tasks.
  - Meditating.

Keep Improving

- Be flexible.
- Fine tune your morning routine so it is perfect for your morning habits.
- Make any adjustments, as necessary.

# **THE MORNING RITUAL**

## **1. How A Morning Ritual Can Benefit You**

- 1.1. Prepares you for the rest of the day.
- 1.2. Increases your productivity.
- 1.3. Helps you feel in control of your day and life.
- 1.4. Lowers your stress and anxiety.
  - 1.4.1. Increases happiness
- 1.5. Helps to develop healthy habits.
  - 1.5.1. Eating healthily.
  - 1.5.2. Exercising.
  - 1.5.3. Journaling.
- 1.6. Boosts your energy levels.
- 1.7. Improves relationships with your friends, family, and self.
- 1.8. Fights forgetfulness.
- 1.9. Improve self confidence and love.
- 1.10. Helps you problem solve better.
- 1.11. Makes mornings easier.
- 1.12. Increases overall well being
  - 1.12.1. Mental.
  - 1.12.2. Emotional.
  - 1.12.3. Physical.
  - 1.12.4. Spiritual

## **2. Start With What You Have**

- 2.1. Think about what you already do in the morning

2.1.1. Use that as a potential base

2.2. Ask yourself key questions to know and learn what morning routines would be right for you.

2.2.1. What is your ideal morning like?

2.2.2. What causes anxiety in the morning?

2.2.3. What are some things you can do to make your mornings easier?

2.3. Start with baby steps.

2.4. Improvise and change your plan if it doesn't work.

### **3. Consider Ditching Devices**

3.1. Do not use your phone the first hour you are awake.

3.2. Looking at your phone in the morning causes negative health effects.

3.2.1. Increases stress.

3.2.2. Increases depression.

3.2.3. Disrupts your sleep cycle.

3.2.4. Creates distractions in your day.

3.3. Invest in an actual alarm clock.

3.4. Keep your phone on do not disturb throughout your entire morning routine.

3.5. Replace what would be your screen time with something more productive.

3.5.1. Reading.

3.5.2. Writing.

3.5.3. Exercising.

3.5.4. Drinking water.

3.5.5. Prioritizing tasks.

### 3.5.6. Meditating

## 4. Keep Improving

4.1. Be flexible.

4.2. Fine tune your morning routine so it is perfect for your morning habits.

4.3. Make any adjustments, as necessary.

## 5. Don't Forget About Your Nighttime Routine

5.1. Nighttime routines help us prepare for the morning

5.1.1. Refresh us.

5.1.2. Prevent us from making decisions in the morning.

5.1.3. Help us relax in the mornings, even when it is busy.

5.2. Use your night and morning routines together to best tackle your goals

5.2.1. Plan meals, food, and wake up time at night.

5.2.2. Go to bed at a reasonable hour to wake up refreshed.

5.2.3. Do not use devices one hour before bed.

5.2.4. The night routine should relax you for sleep.

5.2.5. Allow mornings to set the stage for the day.

5.2.6. Do not use devices the first hour you are awake.

5.2.7. The morning routine should awaken and prepare you for the day.

## 6. Morning Routines For Slow Mornings

6.1. Only create a slow morning routine when it is realistic

6.1.1. Weekends.

6.1.2. Any days off.

6.1.3. When you need a break.

## 6.2. Focus on four things

6.2.1. What is most important for slow mornings?

6.2.2. When will you make yourself get up?

6.2.3. What part of your morning routine do you want done more slowly?

6.2.4. What is something you would like to incorporate into your slow morning routine that you can't do during your regular routine?

## 6.3. Plan ahead

6.3.1. Hold yourself accountable, even when you want to sleep in.

6.3.2. Know how to cut yourself some slack.

# **7. Morning Routines For Busy Mornings And Busy People**

## 7.1. Wake up early

7.1.1. Get a better start on your day.

7.1.2. Allows you the time to you have a morning routine

## 7.2. Meditate to prepare for the day

7.2.1. Improve your mindset.

7.2.2. Improves your focus.

## 7.3. Prep the night before

7.3.1. Makes the morning easier.

7.3.2. Make any decisions the night before.

7.3.2.1. What to wear?

7.3.2.2. What to eat?

## 7.4. Practice gratitude.

7.5. Use your commute to listen to an audiobook or podcast.

7.5.1. Maximizes your time.

7.5.2. Awakens and improves your brain.

7.6. Turn off your phone

7.6.1. Removes distractions.

7.7. Move and get active

7.7.1. Moving in the morning is better for your health.

7.7.2. You won't put it off at the end of the day.

## **8. Know What You Want From Your Morning Routine**

8.1. Ask yourself the purpose of your morning routine.

8.1.1. A more consistent daily life.

8.1.2. Improve health.

8.1.3. Improve mind and soul.

8.1.4. Reconnect with yourself.

8.1.5. Start the day on a productive note.

8.2. Knowing the purpose of your morning routine helps you create a routine that best meets your goals.