

THE MORNING RITUAL

RESOURCE CHEAT SHEET



How A Morning Ritual Can Benefit You

- 10 Science-Backed Benefits of a Morning Routine
<https://myva360.com/blog/10-science-backed-benefits-of-a-morning-routine>
- 5 Reasons Why You Need a Morning Routine
<https://www.hellopeacefulmind.com/why-you-need-a-morning-routine/>
- 5 Benefits of Sticking With a Morning Routine
<https://drjensnutrition.com/blogs/news/5-benefits-of-sticking-with-a-morning-routine>
- 4 Benefits of a Morning Routine that Set the Tone for the Day
<https://www.elitedaily.com/p/4-benefits-of-a-morning-routine-that-set-the-tone-for-the-rest-of-your-day-12056343>
- The Importance of a Morning Routine
<https://neocody.medium.com/the-importance-of-a-morning-routine-b64ec1b642f1>
- What You Can Learn from the Morning Routine of Super Production People
<https://www.forbes.com/sites/melodywilding/2018/05/16/what-you-can-learn-from-the-morning-routines-of-productive-people/>

How To Create A Morning Routine

- How to Create a New Morning Routine
<https://mymorningroutine.com/start-here/>
- Build Your Own Morning Routine <https://stevecorona.com/build-your-own-morning-routine>
- How to Build a Strong Morning Routine: The Essential Guide
<https://medium.com/swlh/how-to-build-a-strong-morning-routine-the-essential-guide-2f8b50fc505>
- How to Craft Your Very Own Daily Morning Routine
<https://www.themonklife.net/daily-morning-routine/>
- Develop a Morning Routine That'll Stick
<https://www.popsci.com/story/diy/create-perfect-morning-routine/>
- How to Establish a Morning Routine
<https://optimizeyourself.me/morningroutine/>
- How to Create a “Success-Based” Morning Routine
<https://www.chriswinfield.com/perfect-morning-routine/>
- How to Use a Morning Routine to be More Productive
<https://www.verywellmind.com/morning-routine-4174576>
- Start the Day Awesome: Morning Routine Checklist
<https://www.busybudgeter.com/morning-routine-checklist-for-adults/>
- How to Integrate a Morning Routine Into Your Life
<https://medium.com/better-humans/how-to-integrate-a-morning-routine-into-your-life-391b8504b772>
- 12 Tips for a Perfect Morning Routine (According to Science)
<https://hackspirit.com/morning-routine/>

Morning Routines For Busy Mornings

- 7 Morning Rituals for Busy People
<https://www.thirteenthoughts.com/morning-rituals-for-busy-people/>
- 12 Morning Routine Hacks for a Calmer Day
<https://theeverygirl.com/morning-routine-hacks-for-a-calmer-day/>
- 5 Productive Morning Routines of Highly Effective People
<https://blog.trello.com/best-productive-morning-routines>
- Morning Routine for Working Moms: 14 Women Share Theirs
<https://fairygodboss.com/articles/morning-routine-for-working-moms>
- Rise & Shine! 10 Ways to Simplify Your Morning Routine
<https://www.coupons.com/thegoodstuff/10-ways-to-simplify-your-morning-routine/>
- How to Use a Morning Routine to be More Productive
<https://www.verywellmind.com/morning-routine-4174576>
- 9 Tips to Perfect Your “Working From Home” Morning Routine
<https://thenextweb.com/growth-quarters/2020/03/25/9-tips-to-perfect-your-working-from-home-morning-routine/>

Morning Routines For Slow Mornings

- A Slow Morning Routine
<https://www.aconsideredlife.co.uk/2017/10/a-slow-morning-routine.html>
- How to Create a Slow Morning Routine for Quiet Days
<https://limitbreaker.co/slow-morning-routine-for-quiet-days/>
- Slow Morning Routine <https://outofthebex.com/slow-morning-routine-2019/>
- What's the Rush? The Power of a Slow Morning
<https://www.wsj.com/articles/whats-the-rush-the-power-of-a-slow-morning-11546958541>
- My Slow Morning Routine
<https://simplybychristine.com/journal/2019/my-slow-morning-routine>
- Do You Have a Slow Morning Routine? <https://www.thelifestyle-files.com/why-you-need-a-slow-morning-routine/>
- Slow Living: Morning Routines
<http://www.puregreenmag.com/pure-green-blog/slow-living--morning-routines>
- How a Slow Morning Routine can Help You Manage Stress
<https://growingupbilingual.com/how-a-slow-morning-routine-can-help-you-manage-stress/>
- Slow Morning Routines for Weekends
<https://thelifespotters.com/slow-morning/>

Morning Routine Ideas

- 100+ Morning Routines ideas
<https://www.pinterest.com/restonicbeds/morning-routines/>
- 500+ Morning Routines ideas
<https://www.pinterest.com/createcultivate/morning-routines/>
- 20+ Healthy Morning Routine ideas
<https://www.pinterest.com/mandyviolet/healthy-morning-routine/>
- 50 Ideas to Help You Design Your Perfect Morning Routine
<https://www.inc.com/jessica-stillman/50-ideas-to-help-you-design-your-perfect-morning-routine.html>
- The Ultimate Morning Routine to Make Your Happy and Productive All Day <https://www.lifehack.org/768258/morning-routine-to-make-your-day>
- 9 Small Morning Habits that Will Make Your Whole Day So Much Better <https://www.self.com/story/morning-routine-habits>
- 56 Morning Routine Ideas to Start Your Day off Right
<https://quickboost.com/morning-routine-ideas/>
- 127 Morning Rituals <https://themorningeffect.com/morning-routine/>
- Ideas to Create a Successful Morning Routine
<https://www.weightwatchers.com/us/blog/sleep/morning-routine>
- 71 Morning Daily Habits to Start Your Day
<https://www.developgoodhabits.com/morning-routine-habits/>
- 5 Positive Morning Routine Ideas That Will Change Your Life
<https://gothamgetaways.com/index.php/2020/08/31/5-positive-morning-routine-ideas/>

Consider Ditching Devices

- Why You Shouldn't Turn on Your Devices First Thing in the Morning <https://medium.com/the-mission/why-you-shouldnt-turn-on-your-devices-first-thing-in-the-morning-640f4d76e26e>
- 3 Reasons Why You Shouldn't Check Your Phone Within 1 Hour of Waking Up <https://medium.com/personal-growth-lab/3-reasons-why-you-shouldnt-check-your-smartphone-within-1-hour-of-waking-up-6ccb1264ec74>
- What Happens to Your Body When You Look at Your Phone First Thing in the Morning? <https://www.timesnownews.com/health/article/what-happens-to-your-body-when-you-look-at-your-phone-first-thing-in-the-morning/512627>
- Why Your Phone Shouldn't be a Part of Your Morning Routine https://www.huffingtonpost.ca/entry/dont-check-phone-in-morning_ca_5df24c1ae4b01e0f295b6d0a
- Why You Shouldn't Check Your Phone First Thing in the Morning <https://www.businessinsider.com/why-you-shouldnt-check-your-phone-first-thing-in-the-morning-2016-5>
- Is Screen Time in the Morning a Bad Things? <https://www.apartmenttherapy.com/is-screen-time-in-the-morning-159410>

Don't Forget About Your Nighttime Routine

- 12 Morning and Evening Routines that Will Set Up Each Day for Success <https://zapier.com/blog/daily-routines/>
- 10 Simple Morning and Nighttime Routines to Help You Have a Good Night's Sleep <https://thriveglobal.com/stories/nighttime-routines-morning-routines-sleep-better/>
- 500+ Morning Routine and Night Routine Ideas in 2021 <https://www.pinterest.com/idreamofsimple/morning-routine-and-night-routine/>
- How to Create a Morning and Evening Routine <https://nataliebacon.com/how-to-create-a-morning-and-evening-routine/>
- 8 Nighttime Habits to Try for Mornings that Suck Less <https://www.self.com/story/nighttime-routine-habits>
- 6 Steps to a Focused Morning Routine for Night Owls <https://www.breakthetwitch.com/morning-routine-2/>
- Your Night Routine Guide Sleeping Better & Waking Up Productive <https://www.lifehack.org/679044/night-routine-ultimate-guide>
- Why Your Evening Routine Is Just as Important as Your Morning Routine <https://www.calendar.com/blog/why-your-evening-routine-is-just-as-important-as-your-morning-routine/>
- Forget Morning Routines, You Need a Night Routine <https://medium.com/@pricelindy/forget-morning-routines-you-need-a-night-routine-87c85c19233e>
- 23 Tips for Your Ideal Nighttime Routine <https://www.healthline.com/health/nighttime-routine>

Keep Improving

- Your Morning Routine Doesn't Have to be Perfect
<https://www.theatlantic.com/health/archive/2019/12/morning-routines/602788/>
- 8 Ways to Improve Your Morning Routine
<https://www.lifehack.org/articles/productivity/8-ways-improve-your-morning-routine.html>
- 10 Easy Ways to Improve Your Morning Routine
<https://lifegoalsmag.com/ways-improve-morning-routine/>
- Perfect Your Morning Routine with 10 Research Back Steps
<https://www.scienceofpeople.com/morning-routine/>
- 5 Small Changes to Your Morning Routine that Will Instantly Improve Your Day <https://www.inc.com/marcel-schwantes/5-small-changes-to-your-morning-routine-that-will-instantly-improve-your-day.html>
- 10 Ways to Improve Your Morning Routine
<https://www.everydayhealth.com/healthy-living-photos/10-ways-to-improve-your-morning-routine.aspx>
- 10 Ways to Upgrade Your Morning Routine
<https://lifehacker.com/top-10-ways-to-upgrade-your-morning-routine-5537478>