

# THE MORNING RITUAL

CHECKLIST



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- **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.
  - Lowers your stress and anxiety.
    - Increases happiness.
  - Helps to develop healthy habits.
    - Eating healthily.
    - Exercising.
    - Journaling.
  - Boosts your energy levels.
  - Improves relationships with your friends, family, and self.
  - Fights forgetfulness.
  - Improve self confidence and love.
  - 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.

- **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.
      - What to wear?
      - What to eat?
  - 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.

- **Consider ditching devices.**

- Do not use your phone the first hour you are awake.
- Looking at your phone in the morning causes negative health effects.
  - Increases stress.
  - Increases depression.
  - Disrupts your sleep cycle.
  - Creates distractions in your day.
- 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.
  - Prioritizing tasks.
  - Meditating.

- **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.

- **Keep improving.**

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