

10 Morning Routines for a Successful Day

Having a routine and being consistent in the morning allows you time to plan and focus on Your day, your goals and what you want to achieve.

Start the day as you wish to continue

1. **Don't hit the snooze button** – be honest about when you need/will get up and set the alarm for that time and when it goes off – get up! Don't hit the snooze button.
2. **Make your Bed** – it is the first achievement you will have to the day and a great platform to jump from.
3. **Meditate/Journal** – spend time writing down your thoughts and ideas, give yourself time to recognise and be grateful for all the things and experiences in your life.
4. **Focus on your priorities** - spend time reviewing and reminding yourself, what your overall goals are.
5. **Set Goals for the day/week** – review your “To Do List” and break it down so that you can identify a maximum of 3 Today's Essential Deeds (TED's) doing this provides you with clarity on the important things and sets you up to succeed.
6. **Brainstorm** – be creative take the time to think of one new and creative thing that you could do or explore that would make your life better – this could be for your role, your business or even just for you.
7. **Have Breakfast** – A good Breakfast in the morning fuels your body for the day, and don't forget to hydrate throughout the day.
8. **Exercise** – Morning exercise helps energise the body and the mind, getting your body moving is the important thing, you don't need to run a marathon it could be as simple as a brisk 15minute walk, design this to suit your needs.
9. **Listen to Podcast or read** – A great way to spend some time focussing on you and also training your brain with subjects that interest you.
10. **Eat the Frog** – take the task you are dreading the most and deal with it head on first thing in the morning.

"If the first thing you do each morning is to eat a live frog, you can go through the day with the satisfaction of knowing that that is probably the worst thing that is going to happen to you all day long."

Bonus Tips

Another way to look at having a successful morning routine is to also address what you are doing the night before

- Set up your clothes / exercise gear the night before – that way you don't have to decide what you are going to wear
- Do the bedtime hustle – before bed do a quick run around the house, pick up the toys clothes etc, put the dishes away, so that in the morning the house is tidy and you can kick on with your day. *tidy house/tidy mind*
- Review the day ahead, write down your *TED* priorities and mentally plan for what is ahead

To build a successful morning routine – don't create too much change too soon and expect too much change straight away.

The best way to build a successful morning routine is to take a measured approach... Focus on add one element at a time embedding that into your practice (morning routine) and once you are confident with that then add another