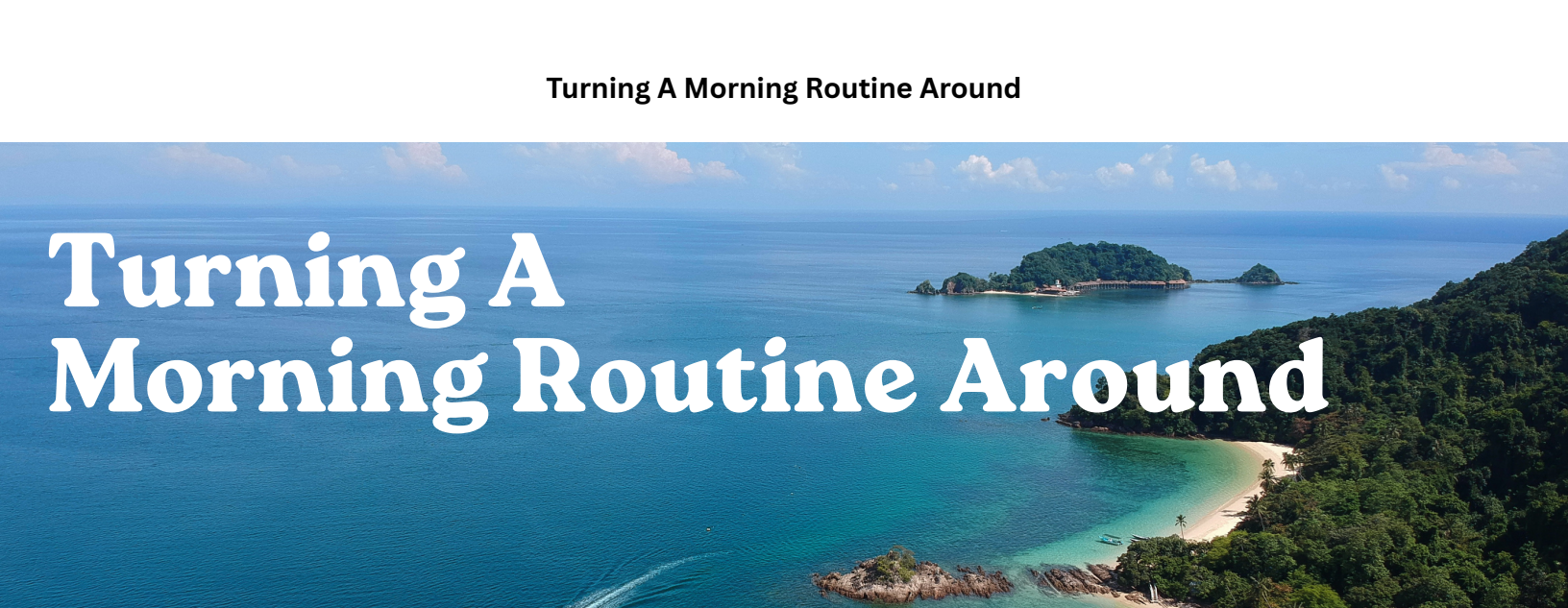




Turning A Morning Routine Around

I used to dread mornings. I'd hit snooze repeatedly, I'd wake up hours later than I had wanted, which made me feel like I was falling behind on the day, unproductive, and tired!

I tried to gulp loads of coffee... which didn't help either; since I'd crash midday!

One day, I was late for an important meeting, lost some emails, and couldn't even pull it together to get dressed as I had two different shoes on. (Yes, this really DID happen!)

After losing that potential client, I knew something had to change.

I researched successful morning routines and realized started implementing small changes, like:

I was setting my alarm clock earlier each day. I started to back up the buzzer 15 minutes earlier and went to bed earlier than I was used to. I started at 15 min earlier and before I knew it I regularly got up at 3:30 am every morning!

Now, I am not saying that a 3:30 am wakeup call is your jelly jam...
But, would you believe me that the biggest key to turning around your morning routine is hidden in your evening routine?

That's right!

So, what did I do?



To-do List

Stop exposing your eyes to the blue light each night before bed by at least one hour, preferably for at least 2 hours before, researchers suggest.

Why? It's been shown that the blue light that comes from our screens disrupts our circadian rhythm. Your circadian rhythm is what gets you to sleep, and keeps you to sleep. This is what's responsible for your sleep patterns.

Get your kitchen cleaned up, dishes, and all put away right after dinner.

Why? Stop putting off to tomorrow what you can do today. We see the piles of dishes, the spills on the countertops, and nothing is exciting about getting in there and getting that disaster worked out. But, it's been shown to elevate your mood in the waking hours, that having a clean kitchen to walk into creates a more peaceful, refreshed feeling that your endorphins will thank you for.

Decide & set out your outfit for the next day.

Why? It has been estimated that by midday we can be exhausted from all the small decisions we make throughout the day. This includes micro-decisions that we think don't take that much energy but when combined can add up to a lot of wasted time and energy that can zap the flow of each day. Choosing what you will wear the day before can save you not only an average of 17 minutes per day; but can also save you from decision fatigue too.

Spend the minutes you have at the end of the evening picking up a book for some pleasurable reading.

Why? It has been said that when reading, the act of our peepers shifting back and forth across the page acts like a pendulum, subconsciously, activating a drowsy feeling from the melatonin

that gets triggered from the action. It's been acknowledged as a way to relax, improve sleep, relieve insomnia, and even reduce stress.

Hydrate.

Drink your water every day. At the start of each morning, drop some lemon wedges into it. Adding lemon to your morning glass of water not only helps to flush out the toxins from your liver but also gives you a boost in your energy levels and metabolism.

Now, I wake up feeling refreshed and ready to tackle my day. Every day!

My productivity has soared, and I feel much more accomplished. This isn't a cure-all, but I can tell you these minor changes, that I made over time have helped me finish writing that book, edit those videos, and level up my self-confidence which in turn has given me stackable wins.

Try revamping your morning routine with small, manageable changes.

You'll be amazed at the difference it can make!

You can do it! I support you and encourage you!