

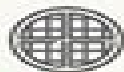
9 Tips to Master Your Morning

2. CUSTOMIZE YOUR ALARM



Instead of the traditional alarm, why not try waking up to one of your favorite songs? When you are gently roused from your slumber by a soft tune, you're likely to feel peaceful and composed—priceless emotions at the crack of dawn.

4. EAT BREAKFAST



In today's fast-paced world, it seems that the delights of breakfast are often surrendered to a hurried cup of coffee before running out the door. This is a big mistake.

6. TAKE THE STAIRS



Once you've made it to the office, take the stairs instead of the elevator. It's a perfect way to naturally work some exercise into your day, and it feels great to power up the steps and strut into the office feeling like you're on top of the world.

8. USE POWER POSES



Adjusting a simple thing like your posture can make a surprising difference in your morning. Sit with shoulders back and core engaged so you feel strong and ready for the day.

1. GET ENOUGH SLEEP

The National Sleep Foundation (who, *know*, *right?*) recommends 7-9 hours per night for adults. The NSF also estimates that a lack of sleep costs the United States \$66 billion a year in loss of productivity and health care expenses.



3. EXERCISE

Exercising in the morning makes it easier to fit exercise into your day. Also, you get a nice shot of endorphins and some natural stress-relief first thing. That makes for a good start to a great day.



5. TREAT YOURSELF

It always helps to give yourself a little reward for getting up in the morning and tackling the day. Find one brief activity that you enjoy, like checking your favorite news app or listening to a bit of a podcast.



7. ENGAGE YOURSELF

Beginning your day by slogging through emails can be a productivity and motivation killer. If you can help it, try starting your most important and demanding task right when you get to your desk.



9. PRIORITIZE YOUR DAY

Prioritizing your day, especially by writing out your tasks, helps you feel confident and engaged until it's time to head home. Trello is great free tool that helps you organize your to-do lists.



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Jill Renfrew



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Routines: A Daily Guide to Overcoming Burnout and Rebuilding Energy (The Essential Guide to Creating Your Personal Morning Routine That Will Actually Work) Miguel Crockett, 101-01-01 Reclaim your strength flexibility and confidence right from a chair Do you struggle with stiff joints low energy or limited mobility Aging doesn't have to mean losing your independence With just 30 minutes a day of simple chair yoga you can restore balance reduce pain and feel younger again no matter your age or fitness level This easy to follow guide makes yoga accessible for everyone especially seniors looking for safe gentle and effective exercises Here is a preview of what you'll learn How getting up early could change your day Time management Benefits of exercising early in the morning How to properly plan your day Why you should have a schedule every day Benefits of having a simple closet Why self motivation is vital in your morning routine Surprising health benefits of drinking water first after waking up Much much more Authored by an experienced school teacher who understands the challenges teens face this book is born from a passion for helping students succeed both inside and outside the classroom The author emphasizes that many obstacles to academic success stem from poor habits at home By establishing effective morning routines teens can set a positive tone for the rest of their day enhancing their ability to learn and thrive

AAHA's Complete Guide for the Veterinary Client Service Representative Jill Renfrew, 2013 Accompanying CD ROM contains a Word document of the full contents of the book Page xv

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