

PROVEN MORNING ROUTINE TIPS

to transform your day

1

Prepare the night before

The proper morning routine is important, but so is a proper night routine. You've probably heard that a successful morning routine starts the night before.

2

Wake up an hour earlier

The key element here is that you need the right amount of sleep. If you get only 5-6 hours of sleep every night, thinking that you'll catch up on sleep during the weekend, you'll get nowhere.

3

Make your bed

Making your bed the first thing in the morning gives your day a productive start, because you feel like you've already achieved something. It motivates you to push harder throughout the day.

4

Postpone your morning coffee

At mornings, our cortisol levels are at their highest. It means we're naturally alert already. If we drink coffee at the same time, we're wasting the potential boost we would get from drinking coffee.

5

Drink a glass of lemon water

Make it a habit to drink a glass of lemon water every morning. If you're not a big fan of lemons, you can use cucumber, berries, lime, even oranges.

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SJ Ball

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