



MORNING HABITS FOR
PRODUCTIVITY &
HAPPINESS

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A morning routine has massive power and impact on your daily life! Everything from what you do when you wake up to when you get up in the morning can dictate how your entire day pans out.

Creating a new healthy habit is a labor of love. You must focus on and continue being diligent with your choices, even when it's hard, or a simpler choice presents itself! But all of that hard work pays off in the end when you can see the fruits of labor show up in every area of your life, from your mental to physical health.

Increasing your productivity and happiness is the focus of each of these morning habits! When you add them into your daily routine, you'll start to see changes in no time!

WHY YOUR MORNING ROUTINE AND HABITS MATTER

Human beings thrive in a routine! That's why habits are so easy for us to fall into and much harder to change up.

Your morning routine and subsequent habits set you up each and every morning. If you're choosing to avoid the alarm in the morning and snag an hour or two of extra sleep, it's much more likely that your schedule will be off the rest of the day, and it'll be easier to avoid other issues throughout the day.

Bad habits can pile up in the morning without you even realizing it. Avoiding the alarm, immediately engaging in social media, hastily packing your lunch, and rushing out the door may be a habit, but it's not the type that helps you be successful. Replacing the bad habits with good ones is going to take time! But taking it one habit at a time gives you the confidence you need to make those habits stick!

BOOSTING YOUR PRODUCTIVITY AND HAPPINESS WITH MORNING HABITS

There's no time like the present to change up your daily habits in the morning! Each tiny change and new habit implementation is a step toward a happier and more productive day. Your diligence is bound to pay off if you stick with these new habits!

SET YOUR ALARM

Getting up earlier in the morning is one of the first habits you'll need to implement before moving on and is something I do to ensure I have time to meditate and step outside to see the sun first thing. If you're consistently only giving yourself 10 minutes to wake up, get dressed, and get out the door, you'll never have the time to make other changes.

Set your alarm and get into bed early, so you get plenty of sleep overnight. As soon as the alarm goes off early in the morning, get out of bed! If you make a choice to snooze, you won't have enough time to do anything else.

Getting up early can be hard at first but push through and roll out of bed! Set yourself up for success the night before and lay out your clothes, pack your lunch, and set up the coffee maker. Everything you can do the night before to make it easier, take the time to do it.

DRINK WATER IN THE MORNING

If you're used to brewing up a cup of coffee or tea to wake you up in the morning, it can be hard to think about just drinking water and lemon in the AM. But drinking cold water in the morning jolts your system and wakes you up faster than caffeine!

Getting part of your water intake in during this morning routine kick-starts your hydration for the day. With added hydration, your skin will start to glow, and you may notice a reduction of acne and other blemishes on your face.

Choose a water bottle or glass that fits your personality and that you think will be fun to use. Set yourself up for success by setting it out overnight and then refilling in the morning with a challenge to finish it all before you head out for the day.

EAT A GOOD BREAKFAST

When you're always in a rush to get out the door, there's a good chance you don't take the time to eat a good breakfast and get a head start on nutrition for the day. While it can feel like you're wasting your time putting together a solid morning meal, it's actually a great way to wake up and get a large amount of your nutrition for the day!

A healthy breakfast will look a little bit different for everyone based on the meal plan you want to be in for the rest of the day. But a basic, nutritious breakfast should include fruits, veggies, and proteins.

A simple choice to make up the night before is some overnight oats with chia seeds and fruit on the top. You might also include some peanut butter for added protein and cook up an egg or tofu scramble to get a little more protein for the day.

If you're getting up early enough, you might make up a fresh smoothie with spinach, and other vegetables included; berries are a great choice in smoothies as they won't spike your blood sugar. Or you can mix up an omelet with fresh veggies and dairy free cheese to hit several food groups at once.

Mix and match different elements of a healthy breakfast to get what you like and need each time, and don't be afraid to try something new. When you're up early, you're better able to prepare a full breakfast and still make it to work on time!

GET MOVING!

Movement in the morning is a great way to wake up your body and get prepared to take on the day! For many people your body is more limber in the morning, and you're better able to wake up and attack the rest of your tasks throughout your week.

Getting up and getting moving isn't just about going for a run every morning. You can opt for something less strenuous like yoga, pilates, or other low-impact exercises. Go for a walk in the morning, take your dog around the block, or take your time and ride a bike to your favorite coffee place. Any type of movement is a good way to start your day.

Don't just wake up and hope you can have enough motivation to get moving and exercise, though. Start by writing out a workout plan! Even if it's as simple as "take the dog for a walk" each day, you'll be better poised to actually accomplish your goals if they're written out and waiting for you each day.

Post this exercise plan somewhere that you'll see it on a regular basis. You might write down different workout plans and goals on your mirror, write them out on a sticky note or chart it in a planner or on a calendar. No movement in your morning routine is too big or too small! The goal is to just get moving and get your blood pumping!

TAKE A SHOWER

If you've worked out in the morning, there's a good chance that you broke out in a sweat. Taking a quick shower can clear off the sweat and open up your pores to create healthy, glowing skin!

A shower can also wake you up! Turn the water to a cooler temperature to wake yourself up and get ready for the day. Take the time to wash your hair with your favorite shampoo, luxuriate in some good-smelling soap, and set yourself up to get ready to head out the door.

This time of relaxation and renewal can also be a moment for meditation! Breathe deeply for several moments and continue focusing on what areas of your body might need attention. Say some positive affirmations as well, and create a space that's focused on your mental and physical health.

After your shower, take some time to focus on your skincare routine! These moments of getting ready can be a quiet contemplation and make your morning routine more fun. Invest in products that you like and that make you feel good.

OIL PULLING

Oil pulling can kill harmful bacteria in your mouth. Approximately 350 different types of bacteria can be found in your mouth. Decreasing the number of bacteria in the mouth can improve oral hygiene.

Follow these simple instructions and you can get started with oil pulling today!

1	Scrape your tongue, brush and floss your teeth.
2	Put 1 tablespoon of sesame oil, coconut oil or herbal oil in your mouth.
3	Swish and “pull” the oil in your mouth by moving it around and side to side, in front of, behind, and through your teeth.
4	Continue this process for 5–20 minutes, until the oil has thinned out and changed to a milky color.
5	Spit the oil out into the trash. If you spit down the drain you run the risk of creating a clog. Do not swallow the oil.
6	Rinse your mouth with warm water.

PACK A HEALTHY LUNCH

Whether you take the time to pack a lunch the night before or you want to do it in the morning, the key is to pack something healthy that will sustain you throughout the day. It can be tempting to just toss some chips and a cookie into your lunch bag and hope for the best, but part of your morning routine should be creating a lunch that feeds and nourishes your body!

Running out of time in the morning can be a pain, so to avoid the issue, plan out and prep your meals in advance for the entire week. This is a simple way to cut down on time needed to get ready in the morning and still find the perfect balanced meal! The more you do this the faster meal prep and planning becomes.

If you are running out of time in the morning, opt for meals that are rich in protein and include some vegetables or fruits!

TACKLE THE HARDEST TASKS FIRST

Creating a productive morning is only half won through the physical ways that you tackle the day. The other half of the battle is fought through the way you mentally prepare for the day!

Instead of starting with something small, tackle the hardest projects you have at home and for the day first. It may take longer and require more effort to get it all done, but you'll be better prepared to solve problems when you encounter them throughout the day.

Make a plan for how you'll tackle each project or problem and stick to it as closely as you can. Develop a to-do list and work your way through it! Set a timer and give yourself time to work through each item without skipping out.

INDULGE IN SOME SELF-CARE

Self-care has some shallow connotations in today's influencer culture. For many, it's seen as taking a bubble bath every now and then and hoping for the best. True self-care is about so much more than bubble baths!

Your self-care might be time spent journaling or reading, or listening to a podcast. It might also be taking out some of the chores that clog up your day while you're feeling fresh and ready to take on the world. However you choose to engage with self-care, take time in your morning to indulge a little!

Much of our lives are spent caring for others but taking time to refocus your energy on yourself for the day gives you space to refocus on the one thing you can control: you!

LEAVE HOME IN PLENTY OF TIME

Traffic is always going to be a hassle, and there's not much you can do to change that fact. But what you can do and what you can control is your own morning routine and the time you get out the door in the morning.

Make sure to leave home in plenty of time! Gather up your things, get into the car, and hit the road before you even think you need to so you can get to work on time and without stress. Get motivated and get out the door!

MAKE A PLAN

To keep yourself on track for the week with your new habits, take time to make a plan that incorporates each of the new morning habits into your day! Write down each of the goals you want to reach and the habits you want to add to your life.

With your goals written down, you'll be able to watch your progress over the next few weeks and months and see what areas can be improved and which are changing as you work on that morning routine.

NEXT STEPS

Changing your morning routine won't happen overnight! Old habits are hard to break, but the process is worth every second! By replacing those old habits with new ones, you're able to refocus your energy on things that make you happier and more productive.

Your morning routine is all about you and what helps you succeed throughout the day! Create your routine to match what you want to accomplish and adapt it to meet your changing goals and needs! Of course, if you'd like guidance on how to create healthier routines for optimal health, book a free health discovery session with me.