



MORNING ROUTINE GUIDE

CREATE YOUR PERFECT MORNING
ROUTINE



THOSE POSITIVE THOUGHTS

How to Become A Morning Person

To follow a morning routine, you first need to stop telling yourself that you're not a morning person. Because if you keep telling yourself that you're not a morning person, then you're going to believe it.

Think about all the times when you were able to wake up and the times when you didn't snooze your alarm. They are all evidence that you can be a morning person and you can wake up early. And if you still struggle, then keep reading as I'm sharing plenty of tips to help get you out of bed.

Go to bed at a reasonable hour

If you want to be a morning person, then you need to stop being a night owl. Unless you can function on little sleep, which I don't recommend. If you're use to going to bed late, then you will slowly need to adjust your habits, as you will struggle to fall asleep at 10pm if you're use to going to sleep at 2am.

When setting your bedtime try working backwards. First have a think about what time you want to wake up in the morning. Next, have a think about how long of a sleep you need (7-9 hours). From here you can work out your ideal bedtime.

Start off simple

Avoid overwhelm by keeping your morning routine simple. When we over complicate our routines, we fall into the all-or-nothing mindset which causes us to give up and go back to back habits. Especially when starting a new habit, it's best to start off simple and create a routine which you can stick to, and not one which just sounds good to other people. Because if you over complicate it and then abandon your routine, the only person you're letting down is yourself.

Have a reason to get up earlier

To wake up earlier you need to give yourself a good reason why, because without one you will struggle to get out of your warm and cosy bed when your alarm sounds. So, what is the reason why you want to get out of bed? Is it to work on a goal, to exercise, to have a relaxing morning or to have a productive morning

I want to wake up earlier because...

Visualise Your Morning

Imagine your ideal morning, think about how you feel, what time you wake up, what you do and what your purpose and goals are.

To help you with this exercise, I have listed below many activities which you could include in your morning routine. There are many to choose from, so just pick out the ones which appeal the most to you.

Tick the activities which you want to include in your morning routine.

Self-care morning routine

- Hydrate: Have a glass of water and or a herbal tea
- Workout (run, gym, workout class, home workout)
- Meditate / sit in silence
- Have a healthy breakfast

Productive morning routine

- Plan your time
- Write your to-do list
- Make your bed / tidy your space

Self-development morning routine

- Write morning pages
- Write affirmations
- Listen to a podcast
- Watch an inspiring video
- Read a book
- Set and or review your goals

Plan Your Morning

Now it's time to plan your morning routine.

Do you know which room in your home you will be doing your routine? Make sure it's clean and remove all unnecessary distractions.

Do you know how long your morning routine will be? How long you will spend on each activity? This can be an estimated time.

Remember, your morning routine is likely change as you put it into practice, so don't worry about trying to make your first routine perfect

Time I will go to bed

Time I will wake up

Activities I will do the night before

Activities I will include in my morning routine

My Morning Routine

Time	Activity	Duration

The Night Before

There are some things which you can do the night before to improve your morning routine. By having a routine before you go to sleep, you will set yourself up for a productive and relaxing morning. My typical bed time routine goes like this:

My bed time routine:

- Switch off all electronics by 9 PM
- Give the kitchen a quick tidy
- Pamper
- Prepare my bag and clothes for work the next day
- Read in bed

Set a bedtime

Our bodies have a natural rhythm and when we don't give ourselves enough sleep or when our bedtime is erratic our rhythm is messed up. Our bodies function better when they're on a regular routine and the more regular sleep that you get the more balanced you're going to feel. Having a bedtime will also set up a better routine for your day.

Plan your morning the night before

Planning your morning the night before can help you get out of bed and into your routine, without any time wasted snoozing. By planning your routine for the next day or week, you can simply get up and go rather than wasting anytime figuring out what to have for breakfast or what to do with your morning before you need to head to work.

How to Stick to Your Routine

If you struggle to stick to new habits then you might find my online course helpful! Happy Habits is my online course designed to help you stick to the habits that will change your life. [Click here](#) to find out more about Happy Habits and how it can help you!

Use the table on the following page to track your morning routine for the next month. Remember the goal isn't to tick every box, but to wake up earlier and do your morning routine as often as you can.

Morning Routine Tracker

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28
29	30	31	

Helpful tips

How to avoid the snooze button

To avoid the snooze button, I highly recommend you download an app called "Army". I guarantee that you will wake up earlier and stop snoozing, if you use this app.

There are a few different ways you can turn your alarm off, all of which involve you being wide awake. I've opted for answering difficult maths questions and the alarm will not turn off until you've answered all the questions correctly.

Avoid your phone

Unless you are using your phone to be productive or as your alarm clock, I suggest your limit time spent on your phone during your morning routine. Unless you have some serious willpower, most of us will become distracted if our phone is nearby. As we "quickly" check social media but before we know it, we have wasted 15 minutes scrolling through our phones. Which is not what you want to do when you've woken up early.

If you need help avoiding your phone, then I suggest you purchase the "Forest" app for a couple of pounds. With the Forest app, you set a timer and during this time a seed is planted which eventually grows into a tree, if you look at your phone during the set time, then the tree dies! It's a good way to stay focused and stay away from your phone.

Don't be so hard on yourself

Finally, don't be so hard on yourself. Waking up early and creating a morning routine takes time. Know that even 'morning people' struggle to get up early sometimes.

If you snooze your alarm one morning, don't let that be evidence that you're not a morning person – let that be evidence that you're human. Be kind to yourself and know that there will be some mornings when it's a huge struggle and that's ok, you can try again the next day.