
Creating a Morning Routine

Having a regular morning routine can help give you energy, motivation, increase happiness and provide you with a sense of calmness throughout your day.

Crafting a morning routine is a personal thing but this is my personal list of the top 10 routines to put into place in your morning. Choose 3-4 habits to start with that resonates with you and add more once they become a habit:

- 1) Your morning routine should start the night before by having a consistent bedtime that allows for at least 7-8 hours of sleep.
- 2) Wake up at the same time every morning.
- 3) Avoid all technology within the first 30 minutes of waking up.
- 4) Try to expose yourself to natural light for 5-10 minutes. (Getting light exposure first thing in the morning plays an important role in regulating the secretion of melatonin, a sleep-inducing hormone the body releases at night. Light suppresses melatonin secretion, which wakes the body up.)
- 5) Drink a large glass of water with lemon (this helps cleanse and stimulate the liver and kidneys)
- 6) Meditate
- 7) Stretch
- 8) Recite positive daily affirmations or just simply think of something positive.
- 9) Eat a healthy breakfast.
- 10) Make your bed!

