



# Morning Routine

TO SET UP YOUR DAY FOR SUCCESS

- Don't check your phone for the first 15 minutes
- Journal 3 things you are grateful for
- Make your bed
- Drink 500 mL of water
- 5-10 minute stretch
- Brush your teeth & was your face
- Work out for 20 minutes
- Take a cold shower
- Meditate
- Take probiotics & vitamines
- Coffee time!
- Read an article about something you want to learn about while eating
- Review your schedule to check for meetings
- Write your to-do list for the day
- Get your day started! You got this!

*JoannaPakier.com*

# Morning Routine Guide

**Louise Wells**

## **Morning Routine Guide:**

Morning Routines Around the World: How Daily Habits Shape Success Lena Porter,2025-02-21 The Power of Morning Routines How Global Habits Shape Success Have you ever wondered how morning routines influence success Across the world people start their days in unique ways some with meditation in Japan forest walks in Finland or energizing sprints in Kenya This book takes you on a journey through the diverse and fascinating morning rituals of different cultures uncovering their historical roots and modern adaptations More than just a cultural exploration The Power of Morning Routines provides practical insights into building your own ideal morning routine Whether you seek productivity mindfulness or energy this guide offers proven strategies inspired by global habits With step by step guidance expert tips and real world examples you ll learn how to craft a routine that aligns with your lifestyle and goals Perfect for anyone looking to improve their mornings and enhance their daily performance this book is your ultimate resource for unlocking the secret to a more fulfilling and successful life

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Morning Routine Checklist Gethin Rhys James,2017-06-12 If you win the morning you can win the day You may wish to break out of employment and set up your own company or maybe you wish to achieve athletic success There may be a personal issue that haunts you and takes away all clarity Whatever you desire setting up a sustainable beneficial and purposeful morning routine will act as the perfect warm up to the perfect day Many of the world s most successful people are obsessed with their morning routines Take a look at Oprah Winfrey the super star billionaire TV host Arnold Schwarzenegger easily the worlds most celebrated action hero Even the New York Times bestselling success coach Tony Robins sings his praises about how his morning routine helps him to concur whatever lies ahead between breakfast and lights out I can go on but I believe you see my point BOOK CONTENT Chapter 1 Start Your Day with MusicChapter 2 The Power of WritingChapter

3 Confidence Chapter 4 Charisma Chapter 5 Motivation Chapter 6 Positivity Chapter 7 Stress Management Chapter 8 Meditation Chapter 9 Gratitude Chapter 10 To Eat or Not to Eat Chapter 11 Shower Time Chapter 12 Two Breakfast Options Chapter 13 Shower Time Chapter 14 My Morning in a Nutshell Chapter 15 Final Notes Chapter 16 Your Checklist Bonus Section The Performance Blog Disclaimer My morning routine definitely sets the tone for my day. If I'm rushed and stressed in the morning, that will definitely carry through to my work day. Tessa Miller Throughout this detailed manual, you will take away multiple lessons such as Time management for ultimate productivity, Creating powerful life changing habits, Why a balanced life is a myth, how to live your perfect day, Mastering journal writing, Develop a positive mental attitude through gratitude, How to simplify meditation and keep the habit sustainable, Using cold stimulation to boost energy and elevate dopamine the happiness hormone, Evaluate if morning training is the right fit for you, The 2 breakfast options for high performers, Optimize your wake up time, Strategies for building confidence, Learn to glow with charisma, Lift your motivation, Keep your morning routines sustainable. This incredible guide now comes with a FREE bonus section which contains many popular life style posts from the globally acclaimed blog [icankeepup.com](http://icankeepup.com). You are here for a reason, Pick up your copy now and start dominating your path today.

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**KEYS TO**

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like A stressful morning routine makes for a stressful day We are creatures of habit and we develop routines that we often stick to even if they are not effective As the routines break down chaos issues and stress builds Your morning routine can drastically alter the rest of your day from your digestive health to your state of mind Over the years I've developed a number of strategies to enhance the health-promoting aspects of my morning routine while also helping to get into a proper state of mind Having a morning routine is one of the best ways to kickstart a day in the most productive, positive and healthy manner and be energized and motivated throughout the whole day It takes time to form it as a habit You begin by waking up earlier than you have to and investing that time in some activities that are good for your mind, body and soul This book covers the benefits of STRETCHING, JOURNALING AND VISUALIZING AMONG OTHER PRACTICES It teaches the reader new morning routines to stimulate the brain and rewire the mindset to a positive one After using these routines you will begin to notice increased energy levels and positive perspectives 15 GREAT RECOMMENDATIONS for habituating an effective morning routine The actions we take upon waking often determine how successful our day will be and it is imperative to shed awareness on the activities when we rise In this BOOK you'll discover strategies you can use to get yourself and everyone else out the door By simplifying your morning routine you start the day off on a positive note and you'll be able to get out the door ready to tackle the day Are you starting out This guide is for you Do you want to organize a more detailed morning routine This guide is also for you Don't miss it Start today tomorrow will be way better Download it right away

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