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12 Ways to a Breakthrough Morning Routine

Stage 1: Preparation Is the Name of The Game

Follow these steps the evening before.

❑ Step 1: Tidy Up – Every Day

Tidy your bedroom and put away your clothes. Create an environment that you want to wake up to. You may need to invest a little more time in this for starters. The rule to follow here is that every night you must tidy up and put things away so that you don't have to repeat the initial 'grand tidy'.

❑ Step 2: Lay out your clothes and accessories and pack your bag

Get all your clothes and accessories laid out and pack your bag the night before. If necessary, try clothes on quickly to check that you are happy with them before laying them out.

❑ Step 3: Prepare Your Food

If necessary, leave a note on the door so that you don't forget to take it.

❑ Step 4: Go to Bed at a Reasonable Time

Go to bed at a reasonable time and free from distractions. According to The National Sleep Foundation (www.sleepfoundation.org) the average adult aged 26 -64 years old needs between seven and nine hours of sleep per night.

Stage 2: The Morning Routine

With all the above steps taken you are in a very strong position to get the most out of your morning routine.

❑ Step 5: Get Up at The Same Time Every Work Day

The first step is to work out realistically how much time you need in the morning to get everything done that you would like to. Decide the time that you need to get up that allows this and then stick to it. You may need to build up to this gradually over several days.

❑ Step 6: Rehydrate

Once you are 'up and at 'em' you need to rehydrate your body as you just went 8 hours without water.

- [ ] Step 7: Make Your Bed

  No negotiation. Make your bed.

- [ ] Step 8: Be Thankful in Your Own Way

  Take a moment to enjoy the peace and stillness. Savor your drink slowly. Some people may even wish to engage some deliberate mindfulness such as Head Space (www.headspace.com). Regardless of your spiritual or religious views it is a great time to marvel at the world and to think about the life we have and how precious the time that we have is.

- [ ] Step 9: Decide if Early Morning Exercise is for You

  Research has proven that the impact of regular exercise on both your physical and mental health is unrivalled. However, it is important that you enjoy it and that it works for you.

- [ ] Step 10: Have a Personal Pamper

  Most people feel better when they have showered every day. Take the time to enjoy it – give yourself a bit of a pamper and allow yourself to look and feel your best.

- [ ] Step 11: Eat Breakfast

  Breakfast is the most important meal of the day. Whilst it is easy to skip or to eat on the run this is not in your best interests. By planning ahead, it can be prepped and ready.

- [ ] Step 12: Tidy Up

  Once you have finished, clear the dishes and tidy up.

Don't be side-tracked

Be wary of being taken off-task by a couple of things which can quickly derail your routine:

Television - It will drain your time and is a major distraction. You can manage without it.

Social Media and Email - It's better not to spend time on this in the morning however, if you MUST check your social media and email set yourself a strict time limit.

Font-Load Your Working Week

- [ ] Plan your meals and work out what needs to be prepared in advance.
- [ ] Ensure that you have the shopping in that you need to enjoy a healthy breakfast and lunch.
- [ ] Do the laundry and ironing so that your clothes are ready.
- [ ] Batch cook and freeze healthier meal options for breakfast and lunch.
- [ ] Have a weekend routine. You may choose to get up a little bit later but nonetheless have a weekend routine that you stick to.