

# Becoming a Morning Person

» Remember, to take it at your own pace. Pick one item to work on at a time, and enjoy the process. «

## 1) SET THE MOTIVE

- ▶ What is your #why-power? In other words, why do you want to become a morning person? Define it in 3 words:
- ▶ I want mornings that are:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_

## 2) GRADUAL TIME SHIFT

- ▶ On average, what time do you sleep?: \_\_\_\_\_ What time would you like to sleep?: \_\_\_\_\_
- ▶ On average, what time do you wake up?: \_\_\_\_\_ What time would you like to wake up?: \_\_\_\_\_
- ▶ Let's set the times back by just 15 minutes at a time, to make the transition more realistic and manageable:
  - ✓ As of \_\_\_\_\_ (insert date) I will sleep at \_\_\_\_\_ (insert time) and wake up at \_\_\_\_\_
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## 3) DISABLING THE SNOOZE

- ▶ Hitting that snooze button and going back to sleep can often make it harder to wake up. To watch a fun video explanation, click [here](#).
- ▶ Instead, try alarms that wake you gradually with pleasant sounds to make the transition to daytime less jarring and more relaxed. Lately I've been using the music of Italian pianist and composer [Ludovico Einaudi](#).
- ▶ Placing the phone or alarm across the room can also help. Once you've gotten out of bed to turn it off, try getting in the habit of splashing some warm water on your face to wake you up, and to avoid the urge to crawl back in bed.

## 4) A PRODUCTIVE START

- ▶ Getting a productive start always feel rewarding and can make mornings a pleasure. Productivity can mean different things to different people.
  - ✓ **Examples include:** light exercise, listening to audiobooks or podcasts, setting intentions, packing a lunch, etc.
- ▶ Two ideas for how I could make my mornings feel more productive:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
- \* **Suggestion:** avoid "checking or responding to emails" first thing in the morning. It surely classifies as being productive, but let's wait for this step until after we've completed our morning routine.

## □ 5) NOURISH THE CELLS

- ▶ It doesn't need to be complicated. It just needs to be delicious enough that it'll encourage you to get out of bed in the morning!
- ▶ Knowing what you'll have for breakfast the night before can help reduce some of that decision fatigue come morning. Pre-prepare ingredients to speed it up in the morning, like batch making some granola on the weekend, pre-soaking your steel-cut oats so that it can cook more quickly while you're getting ready, or freeze some fruits for a quick smoothie bowl.

- ▶ 

<i>Breakfast ideas to look forward to in the morning:</i>	>	<i>What I can prepare the night before to make this breakfast:</i>
1. _____	>	_____
2. _____	>	_____
3. _____	>	_____
4. _____	>	_____
5. _____	>	_____

## □ 6) NOURISH THE SOUL

- ▶ Reserve some of your time in the morning for YOU; a little gift to yourself for the extra time earned after having disabled the snooze.
  - ✓ **Examples include:** enjoy your cup of tea, get some fresh air, take extra time enjoying breakfast, enjoy a stretch, read an up-lifting blog, review your vision board, read a couple pages of a book or magazine
- ▶ Three options for things I can do in the morning to honour my time:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_

## □ 7) THE EVENING: SETTING INTENTIONS

- ▶ Setting some intentions for the next day make it easier to wake up, knowing what to expect for the day ahead.
- ▶ My three main intentions for tomorrow:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
- ▶ One thing I'm looking forward to: \_\_\_\_\_

## □ 8) THE EVENING: SETTING UP

- ▶ Setting up *anything* the night before makes it easier on your come morning, with less things on your to-do list.
  - ✓ **Examples include:** picking out your clothes, prepping part of breakfast, packing up dinner leftovers for lunch, adding water to the kettle and having the mug beside it ready with a tea bag, etc.
- ▶ Two things I can do to set me up for a more stress-free morning:
  1. \_\_\_\_\_
  2. \_\_\_\_\_

*"Early to bed and early to rise make a person healthy, wealthy and wise." ~Benjamin Franklin*

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