



## **Your Basic, Easy-To-Follow, No-Excuses, Get-You-Going Guide to Morning Routines**

Here at *Monday Views*, we believe that having a solid morning routine is the difference between rounding first base and hitting a home run. It's the difference between running around with your arms flailing, or confidently walking towards your goals. It's the difference between a haphazard day, and a day run with potential and purpose.

### ***But why is it so important?***

Ever found yourself spending the entire day just putting out random fires and letting the day rule you? Everyone has, and it sucks. We all feel best when things are accomplished that we *want* to accomplish – not just things we need to do.

Enter the morning routine. There's no better way (or time) to get a game plan ready and attack the day. You're generally fresh, free of emotional turmoil, and mentally clear. Nothing has had a chance to rattle you or allow you to be distracted.

So it's important to use the morning as a time to really get ahead. Here are a few tips in order to really hit that home run. This doesn't mean you need to implement all of them. Pick and choose at your will, or use them all together. The world, my friends, is your oyster. Go get 'em, tiger.

### **Do not touch your phone first thing upon waking up**

That's right. This might be the hardest one, so I'll start with it. While you slept, your email, Instagram, Facebook, Snachat, WhatsApp, LinkedIn, and Twitter were poppin' off. So naturally, we've got to catch up as soon as humanly possible so we're not behind. Because science says so.

But it can wait. Once you check your phone, you open the floodgates for distractions.

Let's face it, you'll get enough blue light exposure throughout the day, so try to give your eyes a bit more rest. Wait until after you meditate at least.

## **Wake up earlier**

Oh you're not a morning person? Do it anyway. 30 minutes earlier, on a daily basis during the workweek, leads to almost *five and a half days* of extra time a year. Put another way, that's over 16 extra eight-hour workdays a year. Use it to your advantage.

## **Meditate or sit still for a bit**

Unfortunately, sleeping doesn't count as being still. Collect your thoughts, let them go, and settle into the moment for at least 10 minutes so you can start the day peacefully and with intention.

If the idea of meditating scares you, feel free to try guided meditations. You can grab a ton free online through a simple Google search, or you can try a couple of the well-known mobile apps: **Calm** and **Headspace**. Both are great for guiding you into a Zen-like state.

## **Set your intentions and what you're grateful for**

After you meditate or sit still, there's no better time to focus a bit of time on the things you're grateful for. Think of three things you're truly thankful for. This list can literally be anything. Grateful you had a good night's sleep? There's one. Thankful you have a job? There's another one. Appreciate you have a roof over your head? Voila.

Be careful not to let this exercise get repetitive and find yourself numbingly adding the same things over and over on a consistent basis. Yeah, we get it: you're grateful for your dog, your job, and your house.

In order to avoid that, here are a few categories to get you going:

- Relationships: friends, significant others, acquaintances. Are you grateful for something they did? For meeting them? For connecting you to someone else?
- Things you have: tangible items you're grateful for.
- Physical/mental attributes you possess: you've got plenty. Dig deep.
- Professional: are you grateful for achieving any work goals or things on the horizon?
- And many more.

Practicing gratitude is actually super important – trust me.

## **Look over your to-do list for the day, or build out your list**

As mentioned earlier, you can't expect to haphazardly attack the day by putting out random fires as they come up. Yes it happens, but yes you need a game plan – something that puts you on the path to accomplishing what benefits you in the long-term.

If you've ever read *The 7 Habits of Highly Effective People*, you know you want to be a Quadrant II leader. If you haven't read the book, a Quadrant II leader is someone who begins accomplishing tasks that benefit their long-term growth. It's not the menial tasks that drive your day; it's about the bigger picture. Either way, you'll know the direction your day needs to go when you know what you need to do.

## **Stretch or work out**

Or both. Get it done so you don't have to worry about it later. The key to a healthy mind is a healthy body, and working out (on top of eating right), is *the* way to get you on the path to a clear mind.

Being inflexible sucks (I can attest to this), so any form of stretching for any amount of time helps. We all don't care (or have the discipline) to make yoga a regular practice, no matter how beneficial it is. And that's ok. Spend some time working on stretching. No one has ever said they regretted it.

## **Listen to a Podcast or Audiobook**

Do this while getting ready for work instead of turning on the TV or listening to music. It's the easiest way to soak in knowledge passively. The next best time is in your car (likely in traffic). But listening to something inspirational or educational in the morning pumps you up in a way that makes you feel like you're about to whoop the day's ass.

## **Make a green juice or smoothie**

Let's get cliché here, screw it. But really, it feels good to ingest your nutrients in a refreshing, easy, and healthy recipe. Why not start with a little spinach, coconut water, ginger, cucumber, pineapple, and banana? Throw in some chia seeds if you're feeling extra spicy. Just one example of 3,485 smoothie combinations.

## **The Bottom Line**

The morning routine is your strategy guide to life. We can go through life being reactive, or we can go through life being proactive. With a morning routine set in place, you can guarantee that you'll start off proactively.

Remember, use these as a guiding principle to set your day off to a rockin' start.

## **Extra Resources**

If you want further ideas or inspiration for different people's routines, scope out <https://mymorningroutine.com/>

Reddit also has a few great sources for productivity and motivation tips:

<https://www.reddit.com/r/productivity/> &  
<https://www.reddit.com/r/GetMotivated/>

Remember to have fun and making sure you enjoy your morning routine. If something doesn't feel right, don't do it just because you think it'll be beneficial. Get in a flow that makes you come out on the other side energized and eager.

Above all, continue kicking ass.

**- Adam @ Monday Views**