

# THE MORNING RITUAL

Discover How To Build a Morning  
Routine For Increased Productivity,  
Energy, and Happiness



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# INTRODUCTION

## INTRODUCTION

Whenever you think of mornings, what comes to your mind? Is it thoughts of stress and anxiety? Or do you enjoy mornings and take your time to get ready? If you are anything like most people, present company included, you probably do not get all that excited to think about jumping out of bed, brushing your teeth, and starting your day.

Even for the most avid night owl, mornings do not have to be stressful, painful, or something to dread. Instead, mornings can be a great way to kickstart your day and productivity.

One of the easiest ways to make your mornings more enjoyable is through a morning ritual or routine. A morning ritual gets you in the swing of things without rushing into the day or filling your mind with useless information.

Instead, a morning ritual wakes you up, energizes your being, and sets the stage for the day. With a good morning ritual, you can increase your productivity, decrease stress, and improve your overall well-being. Still, it takes a little bit of work to craft the perfect morning ritual based on your lifestyle and needs.

In this eBook, *The Morning Ritual*, I am going to help you increase your productivity, energy, and happiness, all by building the perfect morning routine for your day. This book covers just about anything you would need to create the perfect morning routine.

## THE MORNING RITUAL

We begin by looking at the benefits of a morning ritual to show precisely how it can benefit you. From there, we jump right into crafting your morning ritual. The beginning of the morning ritual creation process will be observing your current morning habits and determining what you want out of your future mornings.

After that, we will give you morning routine tips for busy, slow, and device-free mornings. Finally, we end by discussing how nighttime routines should be used in conjunction with your morning routines and how to keep improving.

Whether you want to renovate your old morning routine or are starting from scratch, *The Morning Ritual* can help you create the perfect morning routine to increase your productivity, energy, and happiness. Let us get started.



# PART 1

## HOW A MORNING RITUAL CAN BENEFIT YOU

# HOW A MORNING RITUAL CAN BENEFIT YOU

Welcome to *The Morning Ritual*. Now that you have decided to start your journey to creating the perfect morning routine, let's start by looking at the benefits of using a morning ritual throughout your life. The fact that you want to make a morning ritual means that you already know it is beneficial, but you might not know exactly how it can improve your life.

All around, a morning ritual can benefit you in a number of ways. From increasing productivity to decreasing stress, countless [studies](#) have shown that having a morning ritual is great for maximizing your life. Let's take a look at exactly how a morning routine can benefit you.

## **Increases Productivity**

The most beneficial aspect of a morning ritual is that it boosts your productivity for the rest of the day. Whenever you wake up and jump straight into your morning ritual, you maximize your time and get started the right way. Since your morning ritual adds something to your life, it helps you to be productive from the moment you wake up.

If you are willing to be productive the second you get out of bed, you will likely be more productive for the rest of the day. In other words, momentum from your morning routine will likely follow well into noon, afternoon, and night, allowing you to have a beneficial and productive day as a whole.

## **Boosts Energy Levels**

Another benefit of morning rituals is that they boost your energy levels. Most people hate mornings because they feel sleepy and groggy. Morning

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rituals can help boost your energy, allowing you to tackle the day and enjoy your mornings more.

Whether you like to read in the morning, take a shower, or workout, your morning routine helps to wake you up abruptly. This cuts through morning grogginess, helping you feel more energized, alert, and capable during the morning and day.

### **Increases Happiness**

Happiness seems like such an odd result of a morning ritual. After all, how could a morning routine really make you feel any more content or happy with your life? Although it is easy to think these thoughts, morning rituals actually improve your happiness in a number of ways.

One reason that morning rituals increase happiness is that they lower stress. People tend to find mornings incredibly stressful. Whether it is oversleeping, rushing around to get your kids ready, or not being able to find all of your needed items, mornings come with a lot of stress and anxiety.

When you use the morning ritual correctly, a lot of the stressful parts of the morning are naturally taken care of. They are completed the night before, or you wake up early enough to complete them stress-free whenever you wake up.

Another cause for morning stress is being thrown into your work life or social pressures too quickly. If you jump on social media or scroll through your emails, you might not have a chance to fully wake up, making you feel stressed practically the second you open your eyes.

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However, with a morning ritual, you cut out time in your day to focus purely on yourself and not get invested in work or social pressures too early. As a result, you do not feel as stressed and instead feel more optimistic in the mornings.

Having a morning ritual increases happiness because it also improves your relationships. Whenever you eliminate stress and focus on yourself more healthfully, your relationships naturally improve, especially with those who are around you the most.

By cutting out time for yourself every morning, you are able to deal with your own issues and not project them onto your partner or family members. It can also help you to assist your children in their morning routines, creating a stronger bond with them.

### **Develop Healthy Habits**

In many ways, we are our habits. If our habits are unhealthy and damaging, we will be unhealthy in our life. If you repeatedly hit the snooze button, you very well may have several unhealthy habits that you need to break and healthy habits you need to form.

Having morning rituals is a great way to develop healthy habits that last throughout your lifetime. Whether your new healthy habit is working out in the morning or waking up at the same time, the habits will impact your life and extend elsewhere.

## Will You Actually See These Benefits?

Whenever people start telling you the benefits of different techniques or habits, you may naturally wonder if you will see the benefits for yourself.

This is a natural and wholly understandable question. Luckily, you should see the benefits of a morning routine rather quickly.

[Many studies](#) have been conducted to test how morning routines impact a person's life. Almost all of these studies show that having a good morning ritual will benefit your life for the reasons listed above and more.

Not to mention, there are plenty of anecdotal stories that supplement these studies. Some of the most successful people in the world all have a great morning routine that helps to kickstart their day. Mohammed Ali, Arianna Huffington, and Elle Russ are just a few examples of successful people who use morning rituals to improve their lives.

It is important to mention that you might not notice benefits immediately. After all, your body must adjust to waking up earlier, but it should not take long to see the benefits. As soon as you get used to waking up and not pressing the snooze button, you should start to see the benefits pretty quickly.

### Recap

Morning rituals are a great way to boost your productivity, increase your energy, enhance your happiness, and develop healthy habits. Although you will need to adjust to committing to your morning routine, expect to see these benefits rather quickly.

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# PART 2

# START WITH WHAT YOU HAVE

## START WITH WHAT YOU HAVE

Now that we have gotten the benefits of a morning ritual out of the way, we can jump right into crafting the perfect routine. Crafting the perfect morning ritual starts by looking at what you do already. It is impossible to know what to improve or change if you do not observe your current habits first.

Of all the steps, this one will likely be the easiest. You do not have to change a single thing. The only thing you need to do is roll out of bed like you normally would and reflect on what you do and how you feel after you wake up. It really is as simple as that.

In this chapter, we are going to look at how to observe your current morning routine to create your new and improved one.

### **Keep A Morning Journal**

The only thing you should be doing differently at this stage is keeping a morning journal to log your experiences and feelings in the morning. This journal aims to connect how you feel in the morning and the rest of the day to how you approach waking up.

Your morning journal does not have to be extensive, thorough, or take up a lot of your time. You can simply keep it in the notes section of your phone or dedicate an actual journal to it. Just keep all of the thoughts in an organized place so that you can find them later on.

It is important to log your feelings and emotions right after you get started in the day. This will help you better reflect on how your current morning routine affects your self, body, and stress. In addition, track your energy

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and productivity for the rest of the day. You want to see how your current morning affects how you live your life too.

Although you can personalize how long you track your current morning routine, it is best to do this step for about one to two weeks. Repeating this process over a series of days will give you a better idea of how your morning routine impacts your life as a whole.

If you only reflect on one morning, you might not be getting the whole picture. After all, some mornings are busier than others. Make sure you get busy mornings, slow mornings, and unforeseen mornings in your journal to have a complete picture of how your morning affects your day.

It is important to note that you should keep a physical journal instead of simply noting situations in your mind. By the time the week is up, you are likely going to forget many of the emotions and facts of your days. Keeping a physical journal, whether it be in a notebook or phone, will help remind you during the reflection stage.

### **What Do Your Mornings Look Like?**

Now that you have your journal, try to predict or imagine what you think your morning routine is already like. Do you perceive your mornings as being rushed or stressed? Or do you view them as being relaxing and a good stage for the day?

Thinking about how you perceive your mornings will tell you a whole lot about them. In many ways, perception matters more than reality. If you view mornings in a negative light, you will often respond very poorly to

them. Take note of what you think your mornings are currently like so that you can compare them to reality.

It is important to physically write down (or type) what you think your mornings look like in your morning journal. After the observation period is up, compare how your perception matches or differs from reality. If you do not write down your perceptions, it will be hard to know what you initially thought about your morning routine.

### **Go About Your Morning As Usual**

As I already said, this step will be really easy. Go about your morning routine as usual. Press the snooze button as many times as you want, do as few productive activities as possible, and do not change a thing. Do not even feel pressure to improve in the slightest.

If you are dishonest about your current morning routine, you will not be able to create a better ritual. In other words, do not even slightly act better than usual in the mornings during this step. Just go about your morning as usual.

### **Reflect on the Journal**

After the observation period is up, you need to pull out your journal and reflect on it. Look at your emotions, productivity, energy, happiness, or anything else that you tracked throughout the week. Do you see any trends? Are they good trends or bad trends?

While you are reflecting on your journal, you might want to write more about anything you learned. Write about anything that surprises you or does not

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surprise you. Although this step may sound pointless, it will be beneficial when creating your morning routine's specifics.

As you are reflecting on your journal, do you notice any brainstorming happening without you trying? If so, make sure to note them so that you can easily access these ideas at a later point.

### **Recap**

Getting started with the morning routine starts by looking at your current mornings. Keep a morning journal so that you can compare perceptions to reality, track how your mornings affect your day, and begin brainstorming for your future routine. It is important to be diligent in this step so that you can create the best morning routine for your needs.



# PART 3

## KNOW WHAT YOU WANT FROM YOUR MORNING ROUTINE

# KNOW WHAT YOU WANT FROM YOUR MORNING ROUTINE

Now that you have reflected on your current morning routine, you can start brainstorming what you want from your new one. The first step in this brainstorming process is knowing what you want from the morning ritual.

## **Perception**

In the last chapter, we mentioned how perception sometimes matters more than reality. When you were reflecting on your journal, did you notice that your perception did not match reality? If so, how did it differ? If the reality and perception matched, why do you think your perception was accurate? Have you done any work on perception before?

To know what you want from your morning routine, you have to understand your current perceptions and how they affect the way you approach your mornings. You cannot have unrealistic expectations for your mornings, or else you will feel they are worthless and give up.

From the get-go, understand that a morning routine is not going to change your entire life. If you have bad habits elsewhere, a morning routine will not erase them. Although a morning routine will benefit you in a number of ways, it will not completely turn your life around on its head.

Additionally, do not think that creating a morning routine is easy. Even though everyone naturally wakes up, a morning routine is a daily commitment you make to yourself and your life. Unless you are willing to put in the hard work, a morning routine will likely not stick in your life.

Finally, the last perception that you need to break is that a good morning ritual will stick now and in the future. Even the best morning rituals will need to be improved later. Since life changes, so too should your morning ritual. If you do not want to change your morning ritual down the line, it will likely stop being applicable to your life.

No matter what your perceptions about mornings may be, make sure that they are realistic. If you think that any of your perceptions do not match reality, take the time to try to adjust them and ingrain the new perceptions into your head.

### **Know Your Main Objective for Creating a Morning Routine**

With the discussion of perception out of the way, you can now start thinking about the main objective for creating a morning routine. Although this step may sound scary, you probably already know the answer to this question, even if it may not seem obvious at first.

The main objective will help guide you when selecting activities and goals for your morning routine. Unless you know what you want out of your morning routine, you cannot create a ritual that impacts your life and improves upon your needs.

The main objective for your morning routine should be why you want a morning routine in the first place. Do you want a morning routine to give you more time in the day? Do you want a morning routine to make your days less stressful or more productive?

In other words, the reason for choosing this eBook is likely to be the main objective for creating a morning routine.

### **Prioritize Your Goals**

As you were thinking about your main objective, you probably thought of several goals that you have. That is completely fine and normal. Very few people only have one reason for wanting to start a morning routine.

Even though it is normal to have multiple goals, you need to prioritize them. If you try to focus on too many goals simultaneously, it will be difficult to create a morning routine that feels capable and not overwhelming. Prioritize your goals to keep everything manageable.

For example, start by focusing on your main objective. Your main objective is the most important goal. So, it should be the one you start with. You can add a secondary goal if you feel that it is not too overwhelming. At any time you feel that you have too much on your plate, go back to your main objective goal.

### **Know What To Keep and What to Change**

Now, you can start brainstorming based on your morning journal from chapter two. The morning journal's point was to record and recognize trends about the relationship between your morning routine and your daily feelings, thoughts, energy, and actions.

Whenever you reflect on your morning journal, start noting what habits you want to keep and what habits you want to change. Even if your morning is relatively rushed and stressful, you may have one or two things you want to keep in the morning routine. For example, most people want to keep their morning cup of coffee.

In addition to noting what you keep, pay attention to what you want to change. In many ways, knowing what you want to change will be the most important. It gives you room and time to add new activities that enhance your goals and well-being.

To keep this stuff organized, you might want to create a chart in your morning journal. On one side of the chart, list what you want to keep. On the other side of the chart, list what you want to change. You can even go as far as to cross out what you want to change to help visually ingrain it into your brain.

### **Select Activities That Match Your Goals**

Once you cut out many activities from your morning routine, you will likely find that you have a lot of time to fill. You will fill this time with productive and energizing morning rituals that establish productivity and relate back to your main objective.

There are countless morning activities you can add to your morning ritual. Some of the most popular include reading, writing, working out, sitting outside, meditating, mindfully eating or drinking coffee, and planning out the day. We will talk about more individual activities in upcoming chapters.

In your morning journal, write down a list of activities you may want to try. You do not have to try every activity at once, but it will help you switch things up later on. I recommend having an entire section of your journal dedicated to activities you would like to try out for future reference.

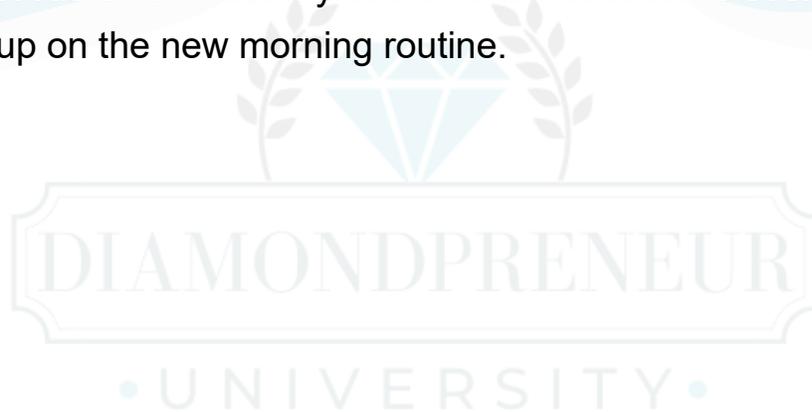
## **Focus On One Activity At A Time**

As you are first getting started, select one activity that really excites you and best matches your main objective. With your morning ritual, be sure to add that in and try it out. Although you may be tempted to try a variety of different activities at once, refrain from doing this.

Focusing on too many activities at the beginning will feel overwhelming, and you will not be able to master any of them. Instead, selecting one activity to focus on ensures that there is not too much on your plate and that you can adequately decide if it is right for you.

### **Recap**

Begin to craft your morning routine by having a strong understanding of what you want from it. Determine the main objective and secondary goals to help guide you when selecting your new morning ritual activities. Make sure to only focus on one activity at a time to not become overwhelmed by and give up on the new morning routine.



# PART 4

## MORNING ROUTINES FOR BUSY MORNINGS

BEGIN.

# MORNING ROUTINES FOR BUSY MORNINGS

Now that we have looked at making your morning routine, let's look at some possible morning routine ideas to incorporate into your day. One of the most common morning types is the busy morning.

## **Why You Need A Busy Morning Routine**

Whenever busy mornings hit, it may be tempting to press the snooze button repeatedly or hop out of bed and skip your morning routine. Although this may be tempting, busy mornings are when you need a morning routine the most.

If you have a morning routine but neglect to use it on busy mornings, your busy mornings will feel even more hectic and stressful. As a result, the rest of your day will likely feel chaotic and stressful as well. Have a go-to busy morning routine to pull out whenever you accidentally oversleep.

Creating a busy morning routine will give you something to fall back on whenever things get busy. In other words, it allows you to still have a routine on the busy mornings without taking up too much of your time or making you late for work.

## **What To Keep In Mind When Creating A Busy Morning Routine**

Whenever you create your busy morning routine, it is important to keep a few things in mind. These few things will ensure that your busy morning routine is realistic and implemented into your life. In other words, you must think of your specific needs when creating a busy morning routine.

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The first thing to keep in mind is how much time you will likely have. Although every morning is different, most busy mornings will have a similar flow. Depending on your life, you may have busy mornings pretty frequently. How much time do you have for a morning routine?

Another factor to remember is what kind of help you need on a busy morning. Do you need more time? Do you need a time out? Do you need more relaxation? Knowing what you need help with on a busy morning will help you create a busy morning routine that makes a difference.

Finally, consider what activities out of your regular morning routine you absolutely want to keep. Do you need your morning cup of coffee? Do you need to meditate before working? Knowing which activities you know you need regardless of time will help you craft the perfect busy morning routine.

### **Busy Morning Routine Ideas And Tips**

Creating a busy morning routine is not that difficult. Since you have very little time on a busy morning, it is not so much about finding the right activities as it is maximizing your time. In other words, you need to be smart and know how to budget time wisely.

Most importantly, utilize the night before if you know you are going to have a busy morning. This will help make the morning less hectic and give you fewer tasks to do. Doing as much as you can the night before is easily the most effective way for maximizing your busy morning time.

Additionally, double task when possible. There are likely some activities that you absolutely cannot miss, no matter how short you are on time. For example, you might need your morning cup of coffee. Use the time while

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you are drinking your coffee to meditate, journal, or do something else that makes your busy morning less stressful.

Another way to budget your time is to listen to audiobooks, practice mindfulness, or do some other activity while driving to work. A lot of our time is spent in the car, and you cannot get that time back. Maximize your time and make the most of it.

One other great tip for busy morning routines is to create little pockets of time for yourself. In an ideal morning, you have all the time in the world to enjoy your morning and feel at peace. On the other hand, busy mornings constrain your time and make it difficult to have a few minutes of peaceful breathing to yourself.

Instead of taking up a lot of time doing your regular activities, just cut out a few seconds to do mindful breathing. Mindful breathing will make a huge difference on a busy morning because it forces you to relax and look within yourself. The best part about this technique is that it only takes a couple of seconds to complete, meaning it will not make your busy morning even busier.

I recommend taking a few seconds for mindful breathing two or three times throughout the morning routine. You might want to do this when you are first getting up, as you are making your coffee, and right before you head out the door. Giving yourself multiple instances to breathe slows down the morning and makes it feel less hectic.

Finally, the last tip for a busy morning routine is to not check your device. Devices are really big distractions that eat away at your time. Leave your device on your night stand or on do not disturb mode so that you can make the most of what little time you have.

## Recap

Having a busy morning routine will give you something to fall back on whenever you push the snooze button too many times or have many activities on your plate. Your busy morning routine should not be overpacked with activities. Instead, it should focus on creating pockets of space to focus on yourself and relax for the morning.



# PART 5

## MORNING ROUTINES FOR SLOW MORNINGS

# MORNING ROUTINES FOR SLOW MORNINGS

In addition to a busy morning routine, you should have a slow morning routine as well. Even though you are more likely to need a busy day routine than a slow one, you certainly should want to make the most of your slow mornings so that you feel more energized and rejuvenated when the busy days come.

## Why You Need A Slow Morning Routine

When most people think of a slow morning, they picture sleeping in on a cozy Sunday, complete with breakfast in bed or a delicious cup of coffee. Very rarely do people think of including a routine in their slow mornings. Although you certainly do not need a morning routine for every slow day, having a go-to slow morning routine can make a difference in your week.

As humans, we need rest. If we do not take the time to pamper and rejuvenate ourselves, we will find ourselves feeling sick, weak, and unmotivated in our lives. Slow mornings are the perfect time to heighten your morning routine to address all of the needs that you cannot address during the week.

## What To Keep In Mind When Creating A Slow Morning Routine

Coming up with a slow morning routine is difficult for many people. It makes sense that you may need a morning routine on busy or regular days to help you stay productive and motivated. On slow days, however, the exact needs for your morning routine may be less clear.

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When you create a slow morning routine, try to think about the things that you do not have as much time to focus on during your weekdays or busy mornings. Your slow morning routine should address the issues that are more neglected during the week. This may be your relationships, physical health, or mental health.

For many people, a slow morning routine that focuses on mental health and rejuvenation is best. During the weekdays, your morning routine is probably geared towards physical health and preparation for the day. Let your slow morning routine focus on your well-being or anything else that is left out.

Something else to keep in mind during a slow morning routine is that you have all the time in the world. Instead of rushing through your morning, really recognize that you have much more time to focus on yourself and life. Utilize that time to the best of your ability. Just being indulgent with your time once a week can make a big difference.

One last thing to keep in mind is that your morning routine does not have to be solitary. Instead, slow morning routines can involve friends, family members, or pets. This is a great way to connect with your loved ones while still focusing on yourself and improving your morning.

### **Slow Morning Routine Ideas And Tips**

Here are some slow morning routine ideas and tips for integrating within your own life:

Slow morning rituals are the perfect time to use devices to focus on your health and well-being. Get on YouTube, an app, or some streaming device to watch an exercise or meditation video. This is a great way to start your

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slow morning on a healthy note. Plus, it will feel like a bit of a treat to use your device in the morning.

Another great busy morning idea is to incorporate your family into it. Instead of drinking coffee or eating breakfast by yourself, try to have a family breakfast time. If you live alone, schedule a brunch with friends. This does not have to be early in the morning, but it certainly is a great way to connect and truly slow your mornings down.

For slow mornings, you may want to sleep in. Although everyone needs to sleep in now and then, consider waking up at your regular time or earlier on slow mornings. To take full advantage of how much morning time you have, you need to wake up.

One fun way to wake up earlier is to try to wake up with the sun and watch it rise. Since the day is slow and you do not have to be at work, it is OK if you do not look great or still feel tired. Watching the sun come up will get you excited to wake up early, and it will feel fresh.

Finally, one last tip for a great low morning routine is to indulge in some way. In much of our culture, we view indulgence as a bad thing. Indulgence is certainly negative if it negatively impacts your relationship with yourself and others, but indulgence for your well-being is only good.

There are several ways that you can indulge on slow mornings. If you like pampering yourself, indulge with a nice facial, manicure, or something else that makes you feel young, beautiful, and healthy. Just indulge yourself so that you feel primed and prepared for the rest of the week.

You can also indulge by treating yourself to a delicious breakfast or snack. Most busy mornings are complete with a cup of coffee and a quick egg.

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Instead, create a complete breakfast on your slow morning since you have time. You can even go with something a bit more calorie-dense, like waffles or a single donut. Indulging once a week on a delicious breakfast will not hurt you.

### **Recap**

Just as you should have a busy morning routine, you should have a slow morning routine as well. A slow morning routine will help you maximize all the extra morning time you have on weekends or off days. This morning routine can help you rejuvenate for the rest of the week, helping avoid burnout and fatigue.



# PART 6

# CONSIDER DITCHING DEVICES

# CONSIDER DITCHING DEVICES

Regardless of whether you have a busy or slow morning, one thing you may want to consider is ditching your devices. Even though devices connect us to people around the globe and make communication easier, they certainly harm us in several ways. Ditching your devices in the morning can help maximize your morning routine and productivity throughout the day.

## **Dangers Of Using Devices In The Morning**

There are several reasons why you should consider ditching your devices in the morning. Most importantly, checking your phone as soon as you wake up has been shown to increase stress and anxiety. That's because, in the morning, you are more sensitive to stimuli.

Your phone will bombard you with external stimuli, including emails, messages, and social media. Whenever you expose yourself to all of this stimulation in the morning, you are more likely to be stressed and anxious the rest of the day. More so, high phone use is related to depression.

Additionally, using your phone in the morning distracts you from other important things and takes away a lot of precious time. In the morning, time is precious. You only have a set amount of time to get everything done before starting your day. The last thing you want is to be distracted by your phone.

Whenever you fall prey to these distractions in the morning, you lose time, but it also sets you up to fail later on in the day. If you give in to distractions in the morning, your brain stays in that state. As a result, you are more likely to be distracted or fuzzy at work and at night.

## How To Cut Out Devices

For many people, cutting out devices is tough. If you want to go device-free in the morning, you will need a whole lot of self-determination, but it is not as difficult as you might think. There are ways that you can cut out your devices in a relatively pain-free way.

One of the easiest ways to go device-free is to set time limits on your phone if you have any smartphone type. You will find time limits within the settings feature. These time limits will prevent you from using certain apps or receiving notifications between certain hours.

One of the great parts about these features is that modern phones allow you to customize the time limits. For example, you can create a list of people to still get notifications from. This is a great feature if you want your friends and loved ones to be able to reach you in the case of an emergency.

Another tip for cutting out devices is to use an actual alarm clock as your wake up call. Today, most people use their phones as an alarm clock. Whenever you finally wake up and turn off the clock, you are probably tempted to check your notifications and apps. Investing in an actual alarm clock cuts out the time you can get on your phone.

No matter what your exact method is for going device-free in the mornings, it is best not to use your device in the first hour you are awake. Even if you are up and moving, your brain still might not be awake enough to handle the stimuli from your phone.

## Why You May Want Your Phone In The Morning

Obviously, using your devices in the morning is not all bad. Today, there are countless apps you can use to upgrade your morning.

For example, there are tons of meditation, mindfulness, or exercising apps that you might want to use throughout your morning ritual. These sorts of apps will guide you through the step to ensure you are doing everything consistently and correctly.

If you want to use your phone in the morning for these purposes, make sure to prevent yourself from getting on your email, text messaging, or social media apps. This may be a perfect time to use time limits on specific apps. The time limits will allow you to use the productive apps for the morning while discouraging you from using the distracting apps.

### Recap

Even though devices have improved society a lot, they lead to a lot of stress and distractions in your day. You should go device-free the first hour you are awake to improve your productivity, energy, and happiness. Using time limits will discourage you from getting on distracting apps. You can still use apps conducive to a productive morning but avoid anything that increases stress and anxiety.

# PART 7

**DO NOT FORGET ABOUT  
YOUR NIGHT TIME ROUTINE**

# DO NOT FORGET ABOUT YOUR NIGHTTIME ROUTINE

With all this talk about morning routines, we need to talk about nighttime routines too. Even though this eBook is dedicated to morning routines, not night routines, you cannot forget about your nighttime routine if you truly want an amazing morning. What you do at night will dramatically affect how you feel when you wake up and how much you have to get done.

## **Make Decisions The Night Before**

As we have said multiple times already, too much stimulation in the morning is no good. One easy way to avoid excess stimulation in the morning is to make all decisions the night before. Making decisions at night will eradicate a lot of stress in the morning and help wind you down for bed.

One of the most important decisions to decide the night before is what you are going to wear. Check the weather and layout your clothes accordingly. This small change in your habit will make a huge difference in your morning. You will not have to worry about finding the right outfit or checking your phone. Instead, walk over to your closet and throw them on.

Another decision to make the night before involves what you plan to eat in the morning or for lunch. Breakfasts typically are not that stressful, but it certainly will not hurt to go ahead and plan out your breakfast. Also, plan out your lunch to not have to worry about any of your morning and midday fuel.

The last decision to make the night before is the tasks on your To-Do List. You will likely already know in your head what you need to accomplish the

next day. Go a step further and write down the top three to five tasks for the following day. This will help you not forget anything and be as productive as possible.

### **Prep Ahead of Time**

In addition to making decisions, prep ahead of time when possible. Prepping ahead of time will lessen the number of tasks you need to do in the morning. As a result, you can spend your morning time focusing on yourself and awakening your brain.

One of the most important things to prep ahead of time is your breakfast and lunch. If you are anticipating making a pretty thorough breakfast, go ahead and layout any ingredients or place refrigerated ingredients on the easiest shelf to access. For those who do not eat breakfast but drink coffee, set up the coffee machine so that you just have to press a button in the morning.

Do the same with your lunch. Pack your lunch and put it in the refrigerator. If you need to make anyone else's lunch, do this at night as well. Making your lunch at night will make a huge difference, no matter the morning.

Whether you are a stay-at-home mom who takes her children to school or an office worker who carries a briefcase, put together any bags, and load up your car. Loading up your car will mean you do not have to run around like a headless chicken looking for your items in the morning. Do that the night before so you can hop in your car when you are ready to go.

## **Create a Nighttime Routine**

Just as the morning routine helps you prepare for the day, a nighttime routine will help you fall asleep faster. Create a nighttime routine so that your body has a chance to wind down and relax before going to sleep.

Since this eBook is dedicated to morning routines, I will not spend a lot of time talking about what to incorporate in your nighttime routine, but make sure that it is relaxing, device-free, and productive. Having a skincare routine, bathing, reading, and meditating are all great ideas for a nighttime routine.

## **Go To Bed At A Decent Hour**

If you do not get anything else from this chapter, get this: go to bed at a decent hour every single night. More so, go to bed at the same time every night. Your sleeping habits will dramatically affect how you feel in the morning and your energy levels throughout the next day.

Most adults should shoot for sleeping around 8 hours a day. Some people may need an hour or so less, while others need an hour more. What is important is that you get enough sleep to feel energized throughout the day and make it until bedtime.

Additionally, try to go to bed at the same time every single night, Monday through Sunday. Even though it may be tempting to stay up late on the weekend, that only messes up your sleep cycle. Commit to bedtime, even as an adult, and stick to it as best you can. This will make a huge difference

## THE MORNING RITUAL

because your body will get into a rhythm, making it easier to fall asleep and wake up.

### **Recap**

When you are making a morning routine, you cannot forget about your nighttime routine. Your nighttime routine largely impacts how smoothly your morning goes and how easy it is to wake up. Make all decisions and prep the night before. Make sure to go to bed at a decent hour every single night to get enough sleep.



# PART 8

# KEEP IMPROVING

## KEEP IMPROVING

So far, we have covered looking at your current routine, creating goals, morning routine ideas, ditching devices, and utilizing your nighttime routine. It seems that we have covered almost everything related to creating the best morning routine for increasing your productivity, energy, and happiness.

There is still one more thing we need to talk about: continue improving your routine.

### **The Journey Is Not Over**

Once you have made what seems to be the perfect morning routine, the journey is not over. Your current morning routine will seem dated and less applicable to your life at some other point in your life. As a result, you need to keep improving your morning routine, even if your morning routine has worked for many years.

Continuously upgrading your morning routine ensures that it matches your life and current goals. As your life changes, what you need out of your morning routine will change too. That is why you must continue to upgrade your morning routine to keep it relevant to your ever-changing life.

### **Evaluate Every Year**

Every year or so, you should evaluate your morning routine. If you are not good at assessing a morning routine's effectiveness, you can go through every step in this E-book once a year. This will ensure that your morning routine stays relevant and effective in your life.

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If you do not need as much help when it comes to evaluating your morning routine, you do not have to go through every step. In other words, you do not necessarily need to keep a morning journal and be as tedious when it comes to reflection. You still should evaluate every year to keep your morning routine up to date.

### **Make Changes As Necessary**

You may need to update your morning routine more than every year. If you undergo a large change or are simply finding that your morning routine is not as helpful as you thought it would be, change it as necessary. Your morning routine is supposed to help you. At any point you notice it not working, change it.

No matter what changes you make, make sure to try them out for at least a week or so. Do not just toss away an activity if you do not like it the first day. You may just need to acclimate yourself to the change in the routine. Committing to the activity for one week will give you a better idea if whether or not the activity is effective in your morning routine.

Additionally, do not make too many changes too quickly. You want your morning routine to be consistent. The only time you should change your wakeup ritual is if it is necessary. You should not be changing your morning routine on a whim every other day. That completely defeats the purpose of a morning routine.

### **Be Flexible**

As you are going about your morning routine, remember to be flexible. Not every morning is the same, and not every morning routine will fill the same,

## THE MORNING RITUAL

even if activities are identical. Be flexible in your morning so that your morning routine does not overly stress you out.

If you stick too rigidly to your morning rituals, it will likely be the source of your morning stress. Recognize that there are some mornings when your morning routine will not go on as planned. That is OK. A morning routine does not need to be perfect. It just needs to be beneficial and helpful for you.

As you are improving your morning routine, flexibility will be key. Some activities may feel uncomfortable, while others feel great. You need to be able to recognize these different feelings and be OK when either of them come up. Flexibility is key to both of these responses.

### **Recap**

Even after you have created the perfect morning routine, you will likely need to improve upon it at a later point. Hence, the journey is not over. Continue improving upon your morning routine so that it continues to get better and more applicable to your life. Only then can your morning routine truly increase your productivity, energy, and happiness.



# CONCLUSION

# CONCLUSION

Whether you are a morning person or a night owl, creating the perfect morning ritual will help to increase your productivity, energy, and happiness. Although it may be tempting to press the snooze button repeatedly, you should certainly opt for a killer morning routine instead.

When creating a morning routine, you should start with what you have and go from there. Create a main objective and goals to help you guide activity selections. From there, select activities for both busy mornings and slow mornings. Having a routine for both will help you be productive and proactive no matter the day.

For any morning routine, consider ditching devices, but you can use certain productive and meditative apps that keep you on track for your morning routine. While you are at it, do not forget to vamp up your nighttime routine to make mornings easier.

Even after all this hard work to create the perfect morning routine, the journey is not over. You need to continue to improve upon your morning routine so that it matches your life as it changes. Any time you feel your morning routine is not working, mix it up and make it more productive.

Just as a warning, creating your morning routine and improving it is not the hard part. Instead, the hard part will be staying committed on the mornings that you do not feel like getting up. Having a killer morning routine that you do not actually use is useless. So, you must make a commitment to yourself so that you use your morning routine.

Of course, there will be days that you are not capable of fulfilling your morning ritual for whatever reason. On those days, be patient with yourself,

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move on, and get right back on the horse the next day. No matter what, just continue to do your best and commit to your morning routine so that you can have a more productive, energetic, and happy life.

