

# ~ Morning Success ~

## 20 EARLY MORNING STRATEGIES THAT WORK



1. Set your clothes out the night before.
2. Prep your breakfast and make as much of it as possible before bed (program the coffee maker to a timer, leave your banana on the counter, premeasure any ingredients you will need, etc.)
3. Get ready for bed 30 minutes before you want to be in bed, and be in bed *at least* 15 minutes before you want to be asleep.
4. Set your alarm clock on the opposite side of the room.
5. As soon as your alarm goes off, turn on a light.
6. Change into your workout clothes immediately when you wake up.
7. Ease into early mornings by creating an experiment. For example: "I will wake up at 5:30 am every day for two weeks". Do not make any excuses or skip any days for this time period. If at the end it does not seem reasonable to continue, adjust your time so it is.
8. Mentally commit. Understand that you are not going to make excuses; it is going to feel challenging (especially in the beginning), but no matter how difficult – you are going to do it.
9. Develop a morning routine – plan out what your morning will involve and how long each activity will take *before* you start.

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10. Find an accountability partner. Whether it's your spouse who shares your bed, a friend you text every morning, or child who wakes up with you – tell someone your plan so they can motivate you when you struggle.
11. DO NOT hit snooze. Not even once.
12. Drink a glass of water before heading to bed. Having a full bladder when you wake up will motivate you to get out of bed.
13. Plan your wake up time to coincide with 90 minute intervals of sleep. Your body's REM cycle lasts roughly 90 minutes, so try to avoid waking up in the middle of a REM cycle (as it is much harder to feel fully awake when your alarm goes off). For example, aim for 6 hours, 7.5 hours, or 9 hours of sleep each night as opposed to 8 (which would have you waking up in the middle of a REM cycle).
14. Maintain your morning routine every day – even on weekends.
15. Plan a way to reward yourself for success, and remind yourself of this reward each morning. (Even something as simple as reminding yourself that if you work out in the morning, you will be able to watch an extra 30 minutes of television after work since you won't have to exercise in the evening).
16. Incorporate some sounds into your morning routine. (Sitting in silence is great, but adding some soft music or even just the noise of an exercise machine or shower first thing when you wake up will help you resist the temptation to head back to bed).
17. Make falling asleep quickly at night as easy as possible: dim the lights 1-2 hours before bed, put away all screens 30 minutes before bed, and incorporate some relaxation into your nighttime routine (reading, meditating, journaling, etc.)

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18. Use positive self talk. Remind yourself that creating a new morning habit is going to feel challenging no matter what you do - but remember all the benefits you will gain from it. You are *choosing* to create this new habit.
19. Troubleshoot your current morning routine. Where are you currently failing or struggling? Is it getting out of bed right away or staying awake once you get up? Determine the factors that make this difficult for you, and do what you can to minimize them or change them.
20. Track your progress. Create a daily checklist for yourself so you can cross off each day you successfully woke up early, or fill out the time you got out of bed on a white board in the kitchen. Use whatever method works for you to find a way of tracking your progress.

