

The Morning Routine

The morning routine has absolutely taken off in the past 5 years. In college, I didn't even hear the term before 2020. So what's changed? The short answer is social media. We now have access to the most intimate parts of strangers' lives that we never did before. Type in pretty much any mundane task and add "with me" on the end of it and it's likely you'll see thousands if not hundreds of thousands of videos of influencers, or everyday people, filming themselves completing said task. There is lots to be said about this phenomenon but I'm sticking to the positives. It can be extremely motivating seeing others complete, for example, what looks to be the perfect morning routine. Maybe

Steps to Crafting Your Perfect Morning Routine

Though the morning does not completely determine how your day will go, there is no denying that it plays a huge part! Whether you work from home or commute into the office or school, a healthy morning routine is an easy way to add some joy and structure to your day. It will also set the tone for other habits throughout your day. Everyone's morning routine can look different and I am by no means suggesting that you must stick to one specific routine every day whether you like it or not. In fact, liking it is a huge part of what makes a "perfect" morning routine. It has to be enjoyable or it won't stick. See below for my 5 easy steps (plus 2 bonus steps) to create the perfect morning routine for YOU.

1. List your daily priorities.

- a. These don't have to be things that you'll definitely get done in the morning, just things you want to get done every 'work' day. You can be broad here.
- b. Examples
 - i. Get sunshine
 - ii. Eat fruits and veggies
 - iii. Get movement

- iv. Drink water
- v. Journal
- vi. Read
- vii. Put time toward learning a skill
- viii. Skin care
- ix. Cleaning
- x. Time with a roommate or partner you live with
- xi. Television
- xii. Apply to 1 job
- xiii. Spend time on a hobby

2. Look at your list and decide which ones you could only realistically get done in the morning before you start work or school. Circle those.

- a. As a tip, choose ones that you can't always necessarily filter in during your work day or in the evening.
- b. For example, you can eat fruits and veggies throughout the day, so this doesn't have to be part of your morning routine.
- c. Maybe you only have time with your partner in the morning, so you would circle this.

3. Once you have your list, get specific with each item and create a new list.

- a. Examples of getting specific
 - i. Instead of "Get movement," you would list "go for a 2 mile walk" or "spend 1 hour in the gym."
 - ii. Instead of "Journal," you would list "write in daily journal" or "write down 3 affirmations and 3 manifestations."
 - iii. Instead of "Put time toward learning a skill," you could put "Duolingo," or "practice my photography."

4. Decide how much time you would like to allocate to each activity.

- a. Be realistic with yourself here, especially if you are not typically a morning person.
- b. You can add up the number of minutes for each activity, then subtract that from the time you start work or the time you need to leave your house. This is how you'll get your alarm time.

5. Put your activities in an order that makes sense for you.

- a. If you are someone who is sleepy in the morning, start with slow activities like reading or drinking a cup of water. Then go into something that might take a bit more of your mental or physical energy.

- b. TRY IT! See how it feels and listen to your body.

BONUS STEPS

6. Write it down or type it out.

- a. Having a written, tangible piece of paper with your morning routine helps keep you motivated (and accountable).
- b. Make it aesthetically pleasing, if you desire. There is a morning routine template attached to this digital course that you can use as well.

7. Adjust as necessary.

- a. Remember it is YOUR life and nothing is set in stone unless you want it to be. If a morning walk isn't working for you, switch it to something you'd prefer instead!
- b. Don't feel pressured to have a picture perfect morning routine like you see on TikTok or Reels. They're not real and I guarantee you that half of those don't feel as good as what you will create for yourself.