### Morning routine

Every day starts with a morning. But often people don’t realize the importance of this part of the day. Have you ever thought that most of your bad days wouldn't be like that if you started those days in the right way? Below in the article, we will take a closer look at ways to make the day successful from the morning.

**Why mornings are so important**

Experts from all over the world agree that a right morning routine leads to a productive and effective day. And living your day on the most brings wellness and happiness into your life. Who wouldn't want their days to be filled with joyful moments, bright achievements, excellent health and a balance between the important areas of life? With good morning rituals all of these things become available for anyone.

Incorporating a morning routine into your life has undeniable advantages:

Mental well-being – a person becomes more balanced and organized. Taking some time to organize your thoughts, tasks and goals helps to reduce levels of stress and anxiety. It becomes easier to prioritize and to make right decisions. Having a clear plan leads to inner confidence and self-balance.

Energy level – starting your day with taking care after your body on regular basis increases your health and wellness. Healthy breakfast, skin care, exercises will prevent you from being sick and powerless. Instead, it will fill your body with strength and energy.

Organized life – a structured morning helps to remove chaos from your day. Taking time for managing your tasks and organizing different spheres of your life leads to a clear path on the way to your goals. It helps to see clearly what you have to improve, what you should let go, and what has to be changed.

**9 ways to improve your morning routine**

There are a lot of activities that will make your mornings positive and fulfilling. Below you will find 10 useful actions that will make the day successful and fruitful from the very morning.

1. Get ready

In order to crawl out of a cozy bed, you need some serious motivation. And, agree, the abstract concept of making the morning resourceful and fulfilling does not motivate in the first tender minutes after waking up. Later when you’ll be fully awakened, you’ll regret the missed opportunity to start your day in best way. But all the clever thoughts would be still asleep when you hear the alarm clock. So, you have to take care of you getting out of the bed beforehand, the previous evening.

You can create a morning check-list with all the habits you intend to implement and put it on the bedside table. You can also put there something that will bring you joy or motivate you. For example, it could be some dear to the heart thing that will make you smile when looking at it. Or a picture of a person, who inspires you, or your favorite quote.

Prepare all the things that you are going to need through your morning routine, so that you won’t lose precious morning minutes on looking for the moisturizer or searching for your favorite track. Put your favorite cosmetics in visible places. Decide in advance about physical activity. How would you like to move in the morning? Prepare everything you need for it: clothes, download an app for yoga or stretch, or think of a route for jogging. Choose a meditation, create a playlist of songs that you want for your morning. Prepare a book, a notebook with a pen, think of a quick and healthy breakfast.

Think through every item on your morning routine checklist and prepare what you'll need to complete them.

1. Gift your body time to breathe

How does your usual day start? Does it feel like a chaotic mess on the verge of disaster, with you trying to juggle a toothbrush, a cup of coffee and your phone at the same time? Is it possible in such an atmosphere to at least collect your thoughts? Not to mention setting yourself up for a productive and successful day?

 Start your morning routine by taking some time just to relax and breathe. Allocate 5-10 minutes for morning meditation. Feel your breath, focus on your heartbeat, and sense your body waking up. Mentally visualize your ideal day. What do you want to achieve today? How do you want your tasks and important meetings to unfold?

When time’s over, start your day with clear head and a calm heart.

1. Take care of yourself with pleasure

Pleasure is the key factor here. No cutting-edge or super-effective product will have the same effect as cosmetics used with pleasure. When you feel every touch, scent, texture, you get an effect not only from the properties of the cream but also from your sensations. Focusing on the moment here and now calms the mind, unburdens it from unnecessary thoughts. Pleasure from the process brings a good mood and interest in life.

All these benefits from morning care you receive in addition to moisturized and vitamin-enriched skin and shiny hair. And the secret is extremely simple. Do everything consciously and enjoy it. By the way, it works in all areas of life.

1. Your magical glass of water

It has long been a well-known fact that our body is made up of 70% water. That is why it is highly important to stay hydrated throughout the day. But the most important moment is your first glass of water after waking up. Why? It is quite obvious if you think about it. Your body has just experienced a long period of sleep without any food or drink, containing even a drop of water. So after getting up, you need water to replenish your body. It is a really bad idea to replace it with coffee.

Instead, your body will be extremely grateful for a glass of plain water. Your skin will become healthier and more radiant, metabolism will improve, and immunity will strengthen. In addition, an adequate amount of water has a positive impact on the cardiovascular system and regulates blood pressure.

And if you add the power of positive affirmations to it, you will also tune your subconscious to the right frequency. Just speak your desired affirmations over the glass of water before drinking it.

1. Enjoy a workout

Having your body moving helps to get energized and active for the rest of the days. Even a 15-minutes regular workout helps to reduce fatigue and stress level, normalize blood pressure, improve sleep, enhance brain function and of course make your whole body strong, healthy and powerful.

To make it easier use the power of pleasure. Create a special workout playlist. Include tracks that you enjoy and that make your body move to the rhythm. Don't force yourself to engage in a sport that doesn't resonate with your soul. Even if it's highly popular or your best friend is into it. Choose what suits you best. You'll recognize your own type of activity by the feelings of excitement and joy it brings while you practice.

1. Have a breakfast

This is one of the most effective ways to nourish your body with nutrients and energy for the entire day. However, breakfast should not be just any meal but a healthy one, considering all the nutrients. It is advisable to consume complex carbohydrates, fruits, and vitamins to provide enough energy for the day. Also, it's essential to care for the brain by adding healthy fats to your breakfast. Your brain will surely be grateful for a handful of nuts or a toast with salmon for breakfast.

To prevent resistance and sabotage from your consciousness in the morning, prepare in advance. Breakfast should not only be healthy but also simple, quick, and tasty. Look for recipes online beforehand; there are many helpful resources. You can spend 15-20 minutes making scrambled eggs with toast, or you can prepare chia pudding or overnight oats in the evening. Don't be afraid to experiment and turn your breakfasts into a space for your creative expression.

1. Get some motivation

The beginning of the day is the best time to give yourself a bit of motivation. Listen to a TED Talk, a motivational podcast, or watch a video on YouTube.

Alternatively, reflect on your existing achievements. List everything you have already accomplished and write down next to each point what contributed to your success.

1. Sort out the priorities for the day

Allocate 15 minutes to create a plan for your day. What is your main task for today? Compile a list of tasks that you need to accomplish. Mark those with fixed time requirements. Then, determine when you will tackle other most important tasks. Afterward, move on to the remaining tasks. Do you have enough time for everything? Perhaps you can give up something, reschedule, or delegate certain tasks. Don't forget to allocate time for breaks, spending time with family, and sleep.

1. Learn something new

If you dedicate 10-15 minutes to a book every day, you'll eventually finish it. By allocating some time each day to learn something new, you'll gradually master it. Developing a habit of learning is crucial; it broadens your horizons, trains your memory, stimulates the brain, and sustains mental acuity. The morning is one of the best times to delve into new topics since daily responsibilities, endless calls, and commotion haven't taken their toll yet. So, choose a field and proceed toward undiscovered revelations.

**How to make healthy habits your routine**

You don't have to embrace all these habits at once. On the contrary, it may overwhelm and exhaust you. You might quickly give up and revert to your previous hectic mornings.

Start small. Consider which of the morning habits appeals to you the most and begin with that. Always approach it with joy and curiosity. This way, your morning routine will become not a chore but an enjoyable activity.