

10 Quick Ways To Supercharge Your Morning Ritual

1. Ensure that you have had enough sleep. Go to bed early!
2. Get up early. You can achieve so much early on in the day. If you wait until the end of the day, what is important to you may get postponed due to work or family pressures. Ensure that you actually have to get out of bed to turn off your alarm so that you do not hit snooze and go back to sleep!



3. Drink a glass of warm water with lemon. This detoxifies the body and helps with digestion.



4. Exercise in the morning. It will make you feel great for the rest of the day.
5. Stretch. Stretching wakes up your muscles and keeps the subtle.
6. Meditate. Meditation, even for just 10 minutes per day, has huge health benefits.
7. Spend some time with family or housemates. It is much nicer to have breakfast with others than to run out the door with your toast!
8. Have a healthy, filling breakfast. This will sustain you for the rest of the day and you will be more productive. The benefits can carry on until evening.
9. Plan your day. You will be well organized and start the day with a positive tone.

10. Listen to some up-beat music that inspires you.



A morning ritual puts you in charge of your day. When your day starts off well, it continues to go well! You will have more energy. Supercharging your morning routine will set you up for a successful day and life. Enjoy!

