



The Power of a Productive Morning: 5 Ways to Set the Tone of Your Day

Mornings can either make you or break you depending on what type of person you are. According to recent studies, 57% of Americans hit the snooze button when their alarms go off. That means more than half of the U.S. population has trouble getting up in the morning. The truth of the matter is that how you start your morning sets the tone for the rest of your day. Whether you are an early bird or a night owl, everyone benefits from having a productive morning. Here are some helpful tips to help make your mornings more productive.

1. **Have a morning ritual** Add rituals to your morning routine that makes you look forward to getting out of bed. This can be making a cup of coffee, walking your dog, reading the newspaper, etc. Consistently following a routine and doing rituals that you enjoy in the morning helps you relax, stay focus, and puts your mind at ease.
2. **Get in tune with your body's clock** You don't have to be an early bird to have a productive morning. If you do not normally wake up at 4 a.m. do not dive in and force yourself to wake up at 4 a.m. every day to be more productive. Not everybody is the same. You have to be in tune with your body's clock and wake up at a reasonable time that works for you. If you have a time in mind that you want to wake up at, gradually work your way up to that goal.
3. **Bite the bullet** "Bite the bullet" or "eat the frog" whichever phrase you prefer the point is that you should try and get your hardest task out of the way in the morning. Procrastination is truly your enemy and the more you put off that important assignment the more dread you are going to have about completing it. Just get it done! Not only will you feel accomplished, but it takes a huge weight off your shoulders. Throughout your day you will have more time and energy on your hands.
4. **Prepare the night before** Preparing for your day the night before helps your mornings run smoothly. For instance, if you accidentally wake up a little bit later than usual and you are running late for work the last thing you want to do is roam through your closet to find something to wear. Help yourself out and prepare the night before. Lay out the clothes you want to wear or write a list of things you want to accomplish the next day. Whatever will make your mornings go smoother try and prepare for it beforehand.
5. **Change your mindset** For many of us, mornings are the time when our minds race. We think about all the things we must do for the day and all the reasons why we should stay in bed. It is overwhelming and it makes it so much harder to get out of bed. Mornings don't have to be dreadful if we change our mindset. Most of the time, the things we dwell on and have anxiety about are not actually as bad once we are proactive and do something about it. Instead of focusing on all things you must get done change your mindset and think about the benefits of starting your day.