



MORNING ROUTINES

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The real secret to finishing your day with a feeling of accomplishment is...starting it off right.

Imagine this scenario: It's Sunday night, the kids are in bed, and you are eking out every possible minute of downtime - bingeing on your favourite series, indulging in a late-night Pino, and snacking on sweet (or salty) foods you know you shouldn't be!

Next thing you know it's 11pm, you aren't ready for bed, lunch isn't prepped, gym clothes need a wash, and you need to iron a shirt for tomorrow! Monday morning arrives, you're running on less sleep, frantically trying to find a travel mug for a coffee, throwing your gym kit in a bag, rushing the kids into the car and just like that you're at your desk without even realising it.

MORNING ROUTINES

An example of a successful morning routine can be broken down into four habits and a specific action for each one.



Breathe

Take a moment before you get out of bed, take a few deep breaths and focus. Think about what it is you have planned for the day; what successes you look to achieve and how you can be just 1% better.

Move

It can be as simple as some push ups while the kettle is boiling or a quick dance with Alexa, make it intentional and make it fun.

Fuel

Don't worry if you're not the type of person who can sit and enjoy a breakfast at 7am, some fruit or a protein shake will do. Give yourself some energy to get going.

Hydrate

Not drinking enough can affect your body temperature, energy, brain function, digestion, mood, performance and joint health.

It seems simple, but you'll be amazed at how starting your day with a positive attitude impacts your mindset and subsequent behaviours. The small, simple acts you repeat daily will add up in the long run.

Those 20 push ups you did waiting for the kettle to boil has now become 140 a week, and soon enough over 500 a month! That glass of water in the morning helped you reach your 2 litres for the day, another success!

You don't have time in the morning I hear you say? No worries, if you keep it simple and set your alarm 10-minutes earlier, that's all you need. You are not looking for ground-breaking achievements here, just simple steps to start your morning right.

PUTTING IT TOGETHER

Now let's make it specific to you. Please write down 4 simple habits that you can do every morning to set you up for success. Make the habit sound catchy and think about what the action looks like.

HABIT	ACTION
1.	
2.	
3.	
4.	

FINAL THOUGHTS

What makes this work so well is not the habits on their own, it's the time invested to take care of you. Set yourself up to take on the day and the goals you are working for. When making any lifestyle change, ask 'what simple steps can I take to feel and perform my best?'. Your body and mind are a result of the actions you repeatedly do, so make them count.