



# RISE & SHINE

Ten bright ideas for a productive morning routine

## 1 GET MOVING EARLY

Set an early alarm and you can spend the first part the day getting things done without any interruptions.

## 2 DRINK WATER

When you wake, your body needs to rehydrate. Drink water to invigorate your skin and metabolism.

## 3 EXERCISE

An early exercise session gives you energy and focus. It will fill your day with positivity & hope. Start with 5 reps of your favourite exercise.

## 4 START WITH YOUR STRENGTH

What do you love to do? Indulge your passion for a few minutes for a positive start to the day.

## 5 UPDATE YOUR JOURNAL

This can be as simple as writing down your mantra or jotting down ideas to make today great.

## 6 FOCUS ON YOUR INNER GAME

Early in the morning, focus on developing a spiritual practice like meditation, prayer or cultivating awe.

## 7 LISTEN AND LEARN

Tune in to a podcast as a way to broaden your perspective and be inspired.

## 8 EAT WELL

Fill your 'tank' with healthy food so you can power towards your goals and visions.

## 9 STAY UNPLUGGED

Want the first hour of your day to be really productive? Avoid checking your phone!

## 10 FINISH STRONG

End your morning shower with 10 seconds of cold water to boost willpower, increase your alertness, and really wake yourself up!