

ROUTINE DRIVES MOTIVATION

A **morning routine** or ritual is a great way to boost motivation, boost energy remain focused and create a positive mindset!

Its easy to become overwhelmed with school/ work and daily stress and its easy to forget the purpose of and meaning behind each day. As a result we often feel fatigued, unmotivated and unproductive.

An effective morning routine helps us to refocus and realign our goals and aspirations! A regular morning routine also is shown to reduce the stress hormone "cortisol" which improves mood and helps our immune system stay strong!

So what is an **effective morning routine**?

It may be different for us all, however the key is, we need to pick a few things that you know you can be consistent with.

Here are some ideas:



Wake up at the same time each day and a little earlier



Make your bed



Get some fresh air



Hydrate with a glass of water



Make a nutritious breakfast full of fibre and protein



Write down 1-2 things you would like to accomplish



Have a shower



10-20 min of movement walk, stretch, yoga or home workout



No media, phone, emails until you complete your routine

