



MORNING RITUALS AND STARTING THE DAY RIGHT

The sun is up and your alarm has started blaring, you reflexively hit the snooze button, trying to steal some shuteye. By the time you're up, you realise that you're going to be late (again)! So you scramble to get ready and dash out of the house. Gulping down hot coffee and hoping that the caffeine would probably turn you into a functioning business owner by the time you reach your workplace. If this is what your typical morning looks like, then it's time to change your morning routine.

It's important to establish a healthy morning ritual, as it sets the tone for the day. It also helps re-energize, builds focus and eliminates stress caused by the chaotic morning rush. Here are five healthy habits of some of the world's most influential people that you can cultivate, to kickstart your day on productive and positive note:

WORKOUT.

You should start every morning with a workout routine which consists of strength and cardio training. A morning ritual involves a seven-minute workout that you should do three times through. Making exercise a regular part of your a.m. routine is a great way to get energized, improve blood circulation and burn more fat. It also boosts your metabolism and improves your cognitive skills (more effectively than a coffee).

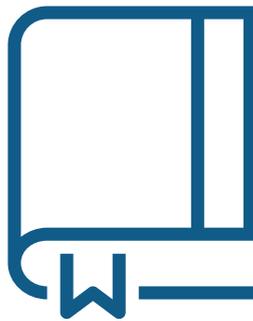




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WRITE.

The journaling technique involves filling up at least three pages with a stream of consciousness writing, in longhand, as soon as you wake up. It's an effective way to tame mental clutter, sharpen your focus and unlock creativity.



MOTIVATE.

Every morning, look in the mirror and ask yourself, "If today were the last day of my life, what would I want to do and am I about to do it today?" If the answer is a 'no' for a number of days in a row, it means that you need to change something. You can also begin your mornings by asking yourself, "What good shall I do this day?". Cultivating this little habit can help you stay motivated to stick to your goals by setting the stage for a positive and purposeful day.





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MEDITATE.

30 minutes of meditation followed by a cool shower and Bulletproof coffee can really set you up well for the day. Developing a morning meditation practice improves focus, enhances your awareness and clears your mind. Moreover, establishing a daily meditation practice also reduces stress, promotes emotional stability and strengthens the immune system.



EAT HEALTHILY.

Try a morning ritual by having a nutritious breakfast. A morning meal should have the balance of a mix of protein, fat and complex carbs.

In addition, you can adopt a few other healthy morning habits too such as limiting your screen time, going for a walk or keeping abreast of news and current events.

Ideally, morning rituals are the way to get the day off to a good start and to put you in a focused mindset to tackle and deal with anything that comes your way in life and business

