

25 Awesome

MORNING RITUALS

Choose your favorites
& start your day the
perfect way!



Daily Routine: Morning Rituals Make You Better

Wouldn't it be awesome if you knew exactly how to jumpstart your day so you get super productive and feel highly inspired?

Morning Rituals are a great way to start your morning so here's a list of 25 ideas to choose from.

They truly set the stage for the rest of your day.

Once you've found the right daily routine for you, it can energize you, keep you motivated and make you so much more productive.

What do you think happens if you let your day run you?

When you don't have a daily routine, you may feel overwhelmed and frustrated. And you will have less time to work on the things that truly matter to you.

So, you want to take control of your day. Luckily, the following list of morning rituals will help you do that.

I love lists because they allow you to pick and choose the best options for you. You know what you like – and which suggestions are never going to happen.

And that's perfectly fine. You're not supposed to do all of these. Simply pick what inspires you most and try it for a while.

My lists help you create your own daily routine.

Let's get to our Morning Rituals

Daily Routine: First things first

1. Wake up early

If you want to start your day on your own terms, you probably need to get up earlier than before.

Otherwise, you may not have the time to do some of these morning rituals.



This may take practice and adjusting until you know how much time you really need.

If it's too hard to get up 45 minutes earlier from one day to the next, you can start with 10 minutes and gradually move up from there.

Not all of us just rise and shine. I am not a morning person. I get up early and survive... but it's not like I naturally enjoy it. So don't feel bad if that's you.

2. Make your bed

If you haven't seen it yet, I recommend William McRaven's speech "If you want to change the world, start off by making your bed".

He says that by making your bed every morning, you will have accomplished the first task of the day. And if you're thinking "big deal" right now, continue reading.

This first tiny task of making your bed signals to your brain that you are an action taker.

It makes you feel good because now you have the first thing you can tick off your (virtual) list. And that, in turn, can fuel your motivation (through Dopamine) to get more stuff done!

So this very easy, simple task will lead to another that leads to another. And before you know it, you'll accomplish lots of things, thanks to this little trigger in the morning.

3. Take a cold shower

This morning ritual is not for me. A cold shower will give me a heart attack (not for real though), but if you can handle it, the jolt of icy water can boost your energy.

I'm not a biochemist, but according to smart sources, the adrenaline rush from the shock to your body triggers norepinephrine which increases your heart rate, alertness, and focus.

Another benefit of integrating cold showers in your daily routine is that it builds mental toughness.

It's hard for your mind and body...but if you overcome your unwillingness to step into the cold shower, you can overcome other challenges more easily, too.

4. Drink lemon water

Just drinking a big glass of water would be fine, too. Basically, it's about hydrating your body after a long night of sleep.



If you don't like plain water, you can try lemon water to give it a bit more flavor.

Lemon water is made of water and freshly squeezed lemon juice. You can add ginger or honey if you like. Ginger gives your lemon water even more punch.

5. Prepare a healthy breakfast

A healthy breakfast gives you the energy you need to tackle your morning. And it makes you feel good about yourself if you nourish your body with healthy food.

Skipping breakfast is not a good idea because you need fuel for your brain and your body to work at their best.

So try to integrate healthy choices in your daily routine and ignore fast sugar options.

Avoid noise and distractions

6. Forget your phone

Don't touch your phone. It's amazing how much more you get done if you leave your phone alone.

There are way too many distractions waiting to suck you in. A few seconds here and a tiny "I'll just read this quickly" there and your whole routine is ruined.

7. Ignore your inbox

The same is true for your inbox. You never want to start your day with your emails. The ultimate goal of these morning rituals is to get control over your daily routine and master your day!

The minute you check your inbox, your plan for the day gets taken over by other people. It can be sneaky but it's a killer.

8. Skip Social Media

This probably needs no explanation. Set specific times when you get to check your Social Media.

And don't make it first thing in the morning. When you want to be productive and get closer to the life of your dreams, Social Media in the morning is not your friend.

9. Don't watch the news

If you're easily distracted or you get upset by what's on the news I recommend you skip it. I never watch or read the news (except for the Covid-19 crisis and its direct implications).



If you feel bad all day about something you saw on the news, it will make you less productive.

You don't want your mind to wander...You want it to focus on the tasks that will actually make you successful, right?

Morning Rituals: Get moving

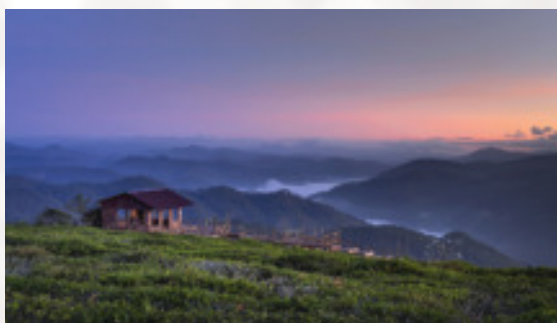
10. Start with light exercise

Your body will thank you for a little stretching and a few movements to speed up your heart rate a bit.

It's great to let it know that the night is over and you need energy to start your day on the right foot.

11. Go for a walk

Another great morning ritual is to go for an early walk.



Feel the crisp morning air, listen to the birds in the trees, appreciate the calm as nature is waking up, too.

If you're up at dawn you can even admire the beautiful colors in the morning sky.

12. Do some Yoga exercises

As with the light exercise, yoga helps your body to wake up the right way so both your mind & body are alert and focused for the day ahead.

If you do a daily routine like the sun salutation as part of your morning rituals, it has the added benefit of taking the thinking out of it as you go through the well-known

sequence of movements.

Daily Routine: Prepare your mind

13. Meditate

Speaking of calming your mind! You can appreciate that it's much harder to focus during the day if your thoughts are scattered all over the place.

Meditation is a great way to tune out the chatter and concentrate on what really matters to you and your goals. It also allows you to handle stress better if you practice it regularly.

When you meditate in the morning, it sets the tone for the rest of your day. It can also be easier for you to calm your mind then, as you'll likely have less thoughts running through your mind than later in the day.

14. Set intentions

Intentions help you focus. They heighten your awareness of how you'd like to experience things. It's more about your feelings and your mindset than a to-do list.

How do you want your day to go? What do you want to accomplish today? You can make it part of your morning rituals to ask yourself these questions.

And then you set your intention for the day. It can be something specific and clear or something more general like being more mindful or compassionate.

15. Keep a dream journal

This is exactly what it sounds like. You write down what you remember from your dreams last night while they are still fresh in your memory.

For some people, that will be most of it and for others it's (almost) nothing.

You write down both good dreams and bad ones. After a while, you will recognize themes and see patterns that will allow you to process your emotions.

Often, your dreams are related to what's going on in your life and they can give you clues about certain issues you weren't consciously aware of.

Some people say that if you write down your dreams regularly, you may get more lucid dreams. This means that you are fully aware that you're dreaming and so you can control what's happening.

That's quite a lot of fun. And if you'd like to be better at remembering your dreams, this daily routine of writing it down will help you with that, too.

It signals to your brain that remembering your dreams is something you care about so it will pay more attention.

16. Write morning pages

Every morning, you write 3 full pages (by hand) about whatever is on your mind. You let it all pour out on the pages. The good, the bad, and the ugly.

And before you try to wiggle out of it, 3 pages (US letter or A4) are mandatory. You want to get to the nitty-gritty of what's going on inside your mind. This may well take 30-40 minutes.



This exercise is not about sounding good or smart. It's not even about writing complete sentences that make sense. You just write, write, write.

No going back over the sentences you have already written. And it's important that you don't censor yourself.

According to Julia Cameron, the creator of this technique, you have to do this first thing in the morning, before your ego can mess with your honesty. It's crucial to be vulnerable and true to yourself to reap the benefits.

If you feel uncomfortable about your pages, you can totally burn them after you're done. This daily practice is more about getting everything out than about keeping it for future reference.

17. Do daily affirmations

Positive affirmations are used to reprogram the thought patterns in your mind. Our thoughts become a self-fulfilling prophecy which is why it's crucial that you don't function on autopilot.

Over time, positive affirmations impact your conscious and subconscious mind. They encourage and uplift you.

That's why repetition is key. Take 5-10 minutes every day to repeat them with feeling (and like you truly mean them).

- My ability to conquer my challenges is limitless; my potential to succeed is infinite
- Everything that is happening now is happening for my ultimate good
- I possess the qualities needed to be successful
- I am at peace with all that has happened, is happening, and will happen
- Every action I take brings me closer to my goals
- I'm excited about my work and appreciate the freedom it gives me

When you write your own affirmations, you need to state your desired outcome like it is

already true now (in the present tense).
Your brain can't tell the difference between reality and imagination.

That's why convincing "acting as if" can do wonders for you.

18. *Make a gratitude list*

For the gratitude list, you write down everything you are grateful for. This can be a bit slow in the beginning, but when you think of things you appreciated, your mind will look for similar experiences.

And then, all the memories of things, experiences, and people you are grateful for will just flow.

This greatly improves your mood and allows you to see that good things are happening.

You can imagine how much better your day will be if you start it off with gratitude.

19. *Listen to uplifting music*

Music has a huge impact on how we feel. So it's always a good idea to listen to uplifting music, especially when you want to get in the right mood to master your day.



And it's super convenient because you can even listen to it while you're doing something else. Just turn on your favorite songs and enjoy!

Morning Rituals: Set your priorities

20. *Journal*

You can use your success journal in the evening to reflect on your day. Or you can write it in the morning to set your intentions for the day.

It makes a big difference if you're living intentionally or if you're stuck on autopilot. So, journaling is a great daily routine to snap you out of just going through the motions and to start controlling your day.

You can absolutely include a section on gratitude in this. Journaling and gratitude don't have to be separate activities.

21. Review your goals

You want your goals to be clear and visible in order to keep them top of mind. It's also important that you go over them on a regular basis.

Reviewing your goals could be part of your morning rituals. Just take a few minutes in the morning to take stock and remind yourself what it is you're working towards.

Focus is extremely important, so make sure you and your goals are on the same page!

22. Fill in your daily goal planner / To-do list

Not only do you need to know where you're going, you also have to set your priorities every morning to make sure you focus on the right actions.



According to the Pareto Principle, 20% of your actions (clients, assets...) generate 80% of your results.

This also means that the remaining 80% of your actions are pretty much a waste of time that won't get you very far.

This is why priorities are crucial to your success!

“The key is not to prioritize what's on your schedule, but to schedule your priorities”
- Stephen Covey

23. Write down 10 ideas (even terrible ones)

To increase your creativity and come up with great ideas from time to time, make it part of your daily routine to write down 10 ideas.

This can be business ideas, product ideas, suggestions at work, a sport you'd like to try... anything.

And as we've seen before: you don't want to censor yourself. A big part of the creative process is to let stupid ideas flow so you can get to the good stuff.

If you're constantly holding yourself back because it's not smart, not realistic or impossible you hamper the whole process.

Be brave and allow yourself to come up with crappy ideas. No one else will know about it anyway. And sometimes you'll get a great idea as a bonus.

Train your mind

24. Listen to a podcast / audiobook

As with music, it's super convenient to listen to podcasts and audiobooks while you're getting ready in the morning (or on your commute).

It's an excellent way to learn something new. Even things you didn't know you needed until it showed up in your feed.

Get a bit of extra daily knowledge with no effort whatsoever. It's awesome!

25. Learn a new word

It doesn't matter if this is in a foreign language or just to expand your own vocabulary. Learning one new word a day is completely doable, isn't it?

This may seem like slow progress, but if you do this consistently, it will add up over time. And it started with something as simple as one word per day.

Okay, there you have it. Now you've got plenty of morning rituals to choose from so you can create your own daily routine that's perfect for you.

Level up & buy the Ninja Goal Planner

No more confusion, stress or overwhelm. Make achieving the life of your dreams a no-brainer!



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