

## Change your life, One Morning at a time ...

- 1 PUT YOUR ALARM CLOCK AWAY FROM YOUR BED - You'll HAVE to get up to turn it off.
- 2 WAKE UP AT THE SAME TIME EVERY DAY - So your body gets used to it.
- 3 WAKE UP AT A TIME THAT GIVES YOU PLENTY OF TIME BEFORE YOU LEAVE THE HOUSE.
- 4 HAVE SOMETHING FANTASTIC TO WAKE UP FOR EACH MORNING - Something that you love doing.
- 5 SMILE AS SOON AS YOU WAKE UP - Fake it if you have to - your body won't know the difference
- 6 DRINK A GLASS OF WATER BEFORE YOU DO ANYTHING ELSE - Warm lemon and water is a favourite for many people.
- 7 HAVE SOME QUIET TIME JUST TO GET YOURSELF READY FOR THE DAY.
- 8 MAKE YOUR BED - This just sets you up for the day really well
- 9 OPEN THE WINDOWS - Get some fresh air and light into your home.
- 10 LET THE KIDS HAVE SOME RESPONSIBILITY - You don't have to do it all. Start to prompt them with times and they will soon get used to doing more themselves which will make your mornings much less stressed.
- 11 PUT SOME LIVELY MUSIC ON - Having a playlist of your favourite happy tunes will really get you in the mood for a good day. (dancing to the music will also tick off the exercise as well!).
- 12 READ THROUGH YOUR SCHEDULE FOR THE DAY - You'll know what's coming and mentally prepare for the day ahead.
- 13 ADD IN ANY "TO DO'S" THAT FIT AROUND YOUR SCHEDULE - You are more likely to actually get them done and take them off the list if you add them each day.

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GET IN TOUCH WITH YOUR FEELINGS - You are more productive when you are ready to get specific things done, so why fight how you feel? Move things around based on what you can focus best on that day.

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START WITH THE END IN MIND - Think about how you want to feel when the day is over, and what you want to have accomplished, then this will help you prioritise what you should do that day.

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GET DRESSED FOR EXERCISE - This allows you to be ready for running around the house/errands etc... and for that all important exercise when you can fit it in.

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GET DRESSED FOR YOUR DAY AS SOON AS YOU CAN - You will feel like you can tackle more when you feel good about how you are looking.

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HAVE A UNIFORM - By this I mean that if you wear similar outfits each day you won't have to think as much about what to put on, and you can easily save time and hassle by doing so.

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EXERCISE - However much you get done - exercise will keep your body and mind at its best so you will be more productive during the day.

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CHAT WITH YOUR CHILDREN / PARTNER / SOMEONE - Tune in to what's important in life - and makes mornings much more interesting! (much better than grunting at each other over the cereal!)

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HAVE A GREAT BREAKFAST - You're fuelling your body and mind for the day ahead. Use your freezer for quick breakfasts, for example - bag up some chopped fruit and veg for ready to make smoothies, make pancakes and freeze ready to heat up, us frozen fruit and microwave for drizzling over yoghurt etc...

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USE THE POCKETS OF TIME - Kettle boiling? Use the minutes for a quick chore. Put some laundry in the machine, unload the dishwasher, fold clothes on the dryer - whatever needs doing, get at least one thing done in this time that would otherwise be wasted. As soon as you've done one thing then you will feel more energised to get more done.

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GET DINNER SORTED - Take a look at your meal plan and do any prep you can ahead of time. There's nothing better than coming into the house after a day at work or doing other things and arriving to something easy to prepare.

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DO A 10 MINUTE HOUSE SCAN - How many times during the day do you spot something that just needs to get done around the house? If you walk around your house for 10 minutes each morning you should be able to spot all those little things and get them out of the way first thing. No more distractions (at least, for now!)

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GIVE YOURSELF A BREAK - You can't do it all and no-one really expects you to. Know that each day you will do what you can, and that's fantastic! If you start your day feeling exhausted by what you have to accomplish, you won't get anywhere fast. Take a few minutes each morning to tell yourself that you're doing great, and you'll immediately feel more empowered and ready to face the day ahead.

