



Setting Your Day up for Success

A strong morning routine can set your whole day up for success! If you're one who loves to hit the snooze button, it can be hard to drag yourself out of bed, but giving yourself some extra time, as little as five minutes in the morning, will create a positive headspace to start your day off on the right foot. Try incorporating our five morning habits below, to prepare you for the day ahead and even help with your fitness journey!

Wake up and meditate for five or ten minutes

Starting your day with morning meditation can help release grogginess and allows for a deep state of relaxation. So even though you may wake up from sleep still tired, after meditating, you'll get energy-boosting endorphins that'll help you spring to life without having to rely solely on that cup of coffee. You'll also find that meditation will help you better handle whatever the day may bring. It creates a "flow state" that allows you to become more adaptable to change... therefore allowing you to have a much more successful day. New to meditation? Check out some free trials of guided meditation such as Headspace or Calm.

Go for a walk, get a workout in, stretch... just move in some way

Getting up and moving is one of the best ways to start your day. Even if you don't have time for a full workout, going for a 10-15 minute walk can help clear your mind, increase your energy, and get you in a good headspace. Stretching in the morning is also a great way to relieve any tension or pain in your muscles, and will increase blood flow to prepare you for the day ahead.

Read 10 pages

A habit that most high performers share is that they read a ton of books! Most people want to read more, but can't find the time within their busy schedules. One way to get more reading in is to sit down each morning and read 10 pages. A big benefit from reading in the morning is it will allow you to start your day motivated and inspired.

Eat a high-protein breakfast

What you eat for breakfast can set the course for your entire day. It determines if you'll feel full and satisfied until lunch, or if you'll be heading to the vending machine before your mid-morning snack. Consider protein sources like eggs, Greek yogurt, cottage cheese, nuts, and chia seeds. There's a good reason breakfast is considered the most important meal of the day!

Drink water

When you sleep you're not replacing your electrolytes or fluids since you're sleeping, which can cause you to wake up thirsty or even be dehydrated. Water is good for mental performance, as being dehydrated can have adverse effects on cognition. It's great for your skin and can even boost your mood. Starting your morning with water, and stay well hydrated throughout the day.

While all these things require you to get out of bed earlier, by creating a solid morning routine, it will allow you to create the proper headspace to prepare you for the day ahead. You'll notice a difference in your mood and production in no time!

GoodLife FITNESS



[Click here](#)
for a 1-day trial pass

Join your GoodLife
Corporate Program!
[Click here](#)

