

# *No more* Mournful Mornings!

*Get up on the right side of the bed and **be inspired** to look on the bright side of life*

There's nothing worse than waking up to the mortifying reality that you're running late for work because you've been hitting your alarm's snooze button a few too many times. Usually this is followed by a dazed frenzy of scrambling out of bed, throwing on the first items of clothing you can find, and performing the minimum hygiene responsibilities. By the time you get to work you're completely unhinged, cranky and looking like you've been hit by a bus. This is when you just accept that it won't be your day. Thankfully, there are people out there who have made it their life's mission to help us make the most of our mornings and seize the day before it seizes us.

## **HAL ELROD'S MIRACLE MORNING ROUTINE**

Here are six rituals to start your day on the right note, courtesy of Hal Elrod, author of *The Miracle Morning*. He calls them Life SAVERS:

### **S - Silence:**

We're constantly being bombarded by stimuli, so it's important to take a moment to recentre and focus your energy inwards to destress in the absence of any external distractions. This means creating a quiet space for meditation, reflection, prayer, or introspection.



#### **A - Affirmation:**

Start your day with the right mindset. Practice positive self-affirmation and reinforce goals, attitude and perceptions for the day ahead.

#### **V - Visualisation:**

Picture your day ahead and what you can expect. This helps to improve your motivation, focus and organisation and reduces anxiety.

#### **E - Exercise:**

It doesn't have to be an hour-long high intensity session. As little as 10 minutes of any exercise can be advantageous for your physical and your mental state. It's best to get it done in the morning, before the day tires you out.

#### **R - Reading:**

Leafing through a book or an article online can help you broaden your knowledge and provide mental stimulation outside of work.

#### **S - Scribing:**

Writing or journaling can be valuable in several aspects. It can help plan your day, order your thoughts, set goals, and create perspective or help you gain new insights.

### **BENJAMIN SPALL'S STUDY ON THE MORNING ROUTINES OF HIGH-PERFORMERS**

For his bestselling book *My Morning Routine: How Successful People Start Every Day Inspired*, Benjamin Spall interviewed | over 300 successful people, including Arianna Huffington and Marie Kondo, to find out what their morning routines look like. Here are the statistics:

On average, Benjamin's interviewees get 7 hours and 30 minutes sleep every night. The average bedtime is 11 pm, and the average wake up time is 06:30 am. Only 35% snoozed their alarms.

The other 63% of these people meditate or do yoga in the mornings while 79% exercise. Then 59% of participants drink water in the morning, while 28% drink coffee and 57% eat fruit for breakfast.

Benjamin found that the most important thing to having a morning routine is to make sure you're getting enough sleep to begin with. You don't need to wake up at an ungodly hour to have a meaningful morning routine, especially if you tend to go to bed late. Adapt



your bedtime and wake up time according to what works best for you, as long as you're intentional about what you do. Being intentional about your mornings is very important, and Benjamin says this starts with not checking your phone first thing. He says, 'I keep my phone in my kitchen. It's a great way to actually wake up and be more intentional about your day.'

Your morning routine is meant to help you be more productive during the day, and the main things Benjamin's participants mentioned that help for this is working out and working on a side project. Ensuring that you have a productive morning starts with the night before: lay out your outfit and jot down your to do list for the next day. 'The idea there is to defeat decision fatigue,' Benjamin says, so that when you wake up you already know what lies ahead for you that day and you can focus on other important things.

Mornings don't just need to be about productivity. Benjamin found that many

people use this time to clear their heads through meditation, journalling, or going for a walk outside in nature. This helps you to ease into the day and set the right tone, instead of jumping straight into your responsibilities.

Finally, don't try to cram too many things into your mornings. Just do whatever you feel is a priority and manageable for you, as long as you stay consistent and commit to doing it every morning. Your morning routine also doesn't have to take an extra hour out of your day. Even just a few minutes of reading, writing, meditation or exercise every morning can go a long way in getting you through a long day. **Q**

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