

How to Build a Successful Morning Routine



EAT A HEALTHY BREAKFAST.

You've already heard this a thousand times but breakfast is the most important meal of the day. A healthy breakfast consists of lean protein, whole grains, and healthy fats. You'll gain all of the benefits from eating a healthy breakfast. You'll be less hungry throughout the day, You'll have better focus and concentration, Skipping breakfast is tied to being overweight and You'll have more energy.

5 MINUTES OF YOGA

A healthy body and mind serves an energetic day. Yoga plays with the mind, body and soul. Early morning yoga can help to build a healthy, consistent routine to your yoga practice. Practicing yoga early in the morning will warm up your digestive system and help nutrients move more easily through the body, causing it to metabolize carbs and fats more quickly

GIVE YOURSELF AT LEAST 15 MINUTES OF NO SCREEN TIME

Other than killing an alarm that may be on your telephone, fight the temptation to browse your email or online life. It sets you up for multi day of being oppressed to innovation, and your morning time ought to be held only for you. This may mean impairing warnings on your home screen so you're not enticed by that Facebook update or mounting messages.

SMILE AND THINK SOMETHING POSITIVE

When you smile your body discharges the feel-good neurotransmitters dopamine and endorphins. This implies by smiling first thing when you wake up you'll be beginning your day feeling better. What's more, when you smile your state of mind is additionally lifted by the arrival of serotonin. smiling reinforces the immune system, so by smiling before anything else and making sure to do it for the duration of the day you'll be avoiding sickness, uniquely during flu season

MAKE COFFEE AND FILL IN YOUR GRATITUDE JOURNAL

Starting your day with a cup of coffee helps neutralize free radicals, which occur naturally as a part of everyday metabolic functions, but which can cause oxidative stress that leads to chronic disease. Writing gratitude journal has positive psychology that strives to develop methods by which one can consistently enhance gratitude levels.

HAVE A "TO-DO" LIST READY TO CONQUER

Take a few minutes to write down a "to-do" list for the day ahead. Writing down your "to-do's" instead of keeping them floating around in your mind helps clear mental chatter. You also give yourself a sense of purpose each day when you know what you need to get done. And there is something satisfying about crossing off tasks on your list—it re

TO LOOK EXPENSIVE YOU HAVE TO EXPRESS IT

Every girl has a desire to dress and look expensive. Money plays an important role to look expensive but it can be gained by adding on a little effort. . All you have to do is express a bit more on your clothing to look expensive.

GET EVERYTHING TAILORED TO PERFECTLY FIT YOUR BODY.

Your appearance whether sharp and confident, relaxed and cool, or sloppy and juvenile is often reduced to the fit of your clothing. Finding the right tailor may be crucial, but there is nothing nearly as significant as sharing a critical eye with the fitting-room mirror. Fortunately for most of us, picking the right fit doesn't require much natural talent. All that's required is some quality time with apparel and an attention to detail.

STRETCH THE TIME YOU GO BETWEEN WASHING CLOTHES TO PRESERVE THE FABRIC.

Aside from undergarments, stained items, and questionably smelly things, most clothes can be worn at least a few times before washing. If you notice a stain, try spot-treating or hand-washing it lightly. Constant washing wears down the fabrics (affecting the stretch in them) and fades the color in your clothes, making them look worn out.

USE A STEAMER INSTEAD OF IRON

A steamer is easier to manage and faster to use than an iron. To keep your clothes wrinkle free, fold or hang them as soon as they come out of the dryer, and give them a steam the night before wearing. Don't waste time and water on the hot shower or steamy bathroom method where it's fairly ineffective.



AVOID EARTHY COLORS

Mossy earth tones can look drab and dated. For a more luxurious look fill your closet with vibrant jewel tones and pastels. As for patterns and prints, leopard spots are a classic. Most others will make you look dated. Avoid these other style mistakes that make you look older than you are.

MATCH YOUR SHOES TO YOUR BAG

Because your shoes are constantly hitting the pavement, it may not be worth it to splurge on pairs you wear every day, but it is important to keep shoes in good shape. It's safe to spot treat most shoes with dish detergent and warm water. For scuffs on patent leather, try a dab of petroleum jelly. To look extra polished, match your shoes to your handbag.



WESTBEACH
12 OZ - 380g
TOP NOTE: LEAFY GREENS, JONQUIL, WATER LILY
MID NOTE: CYCLAMEN BUDS, COCONUT MILK, FIG
BASE NOTE: CEDAR LEAF, SANDALWOOD, JACOBINE
KIT II ACE



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