

Starting the Day the Right Way



Hitting snooze on your alarm can be counterproductive because you're not getting quality sleep for those few extra minutes



Drinking water first thing in the morning can boost energy and help us feel less groggy



Eating Breakfast Improves

Memory

Problem-solving abilities

Focus

Alertness

Concentration

Mood



Morning meditation



Lower your resting heart rate



Promote calmness



Reduce anxiety



Increase positive feelings

Habits take about 30 days to form, so stick with whatever morning routine you create for yourself