

Morning Routine Challenge



How it Works

For those looking to make a difference in their mental and physical health, a well-established morning routine may help. Some of the most successful entrepreneurs and leaders have a firm morning schedule they follow to help them get pumped for the day. This 7-day challenge offers an opportunity to build the foundation and take the stepping stones needed to create a productive morning ritual.

Engagement Ideas

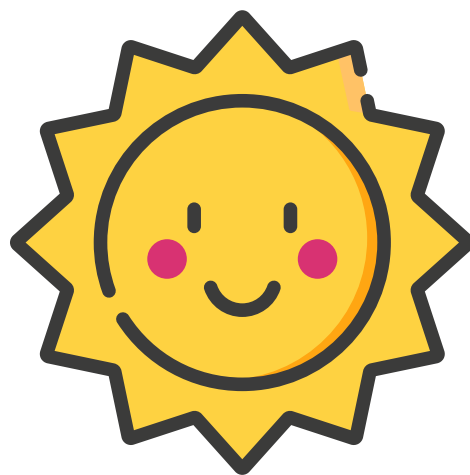
- Raffle off journals
- Email the challenge printable
- Host a declutter desk challenge
- Enjoy a healthy team breakfast together
- Start the day off with a group meditation
- Encourage discussions about morning routines
- Giveaway books like Atomic Habits and The 5 AM Club

“I get up every morning and it’s going to be a great day. You never know when it’s going to be over, so I refuse to have a bad day.”

– Paul Henderson

7 Days of Morning Routines to Try

Here's a look at seven morning habits to consider adding to your daily morning routine. To ease into it, start off with one a day. As you build your ideal morning routine, add what you like to help your morning flow with ease.



Day 1: Make Your Bed

It's simple enough. It doesn't take much time. Plus, it will be your first accomplishment of the day. It's only uphill from here!

Day 2: Move Your Body

If you're not a morning person, even some simple stretching can help you get blood flowing and increase your alertness. Start your day with some type of movement to get your energy going.

Day 3: Skip Looking at Your Phone

It's tempting to reach for the phone first thing in the morning (especially if it doubles as your alarm). Instead, make it a habit to avoid looking at your phone so you don't get swept up in checking emails, responding to texts, and generally getting distracted.

Day 4: Try a Centering Activity

Setting your mindset for the day can be a helpful and healthy way to keep a positive outlook no matter what the day throws at you. Choose a short activity that helps you feel peaceful and grounded in starting your day. It may include reading inspirational content, praying, meditating, journaling, or another activity.

Day 5: Drink Water

Yes, before you even turn on your coffee maker, down a glass of water. Doing so will rehydrate you and help lift any brain fog. The benefits of drinking water are clear, so make sure you hydrate before you even head out the door.

Day 6: Have a Little Fun

It's important to enjoy life's little moments. What better way than to start your day with a smile? That might mean playing with your pets, singing with your kids in the car, or having yourself a solo dance party. Smile and add a little joy to your morning routine.

Day 7: Review Your Daily To-Do List

No to-do list written? Consider writing one out the night before for review first thing in the morning. This will help you keep projects on track along with ensuring you meet deadlines, too. Highlight to-do list items (at least three) that must get done before the end of the day to make it easier to prioritize how you tackle the day.