



# NOT A MORNING PERSON?

TIPS TO MAKE YOUR MORNINGS  
EASIER AND MORE PRODUCTIVE

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Are mornings the hardest part of your day? Sometimes it's tough to get yourself going no matter how much sleep you've gotten. And if you need to get your family dressed, fed, and out the door with books, backpacks, and briefcases intact, it can often be a challenging and grueling morning.



The good news is that, even if you're not a morning person, there are strategies you can use that can help you get energized, motivated, and looking forward to your day rather than wishing you could just go back to bed.

## **Try the following tips to help you cope with those early mornings:**

1. Get adequate rest. It's true that you'll sometimes feel tired no matter what, but you might not be getting quality rest without even knowing it. It could be a contributing factor to the reason why you can't get up with a smile on your face. Try going to bed earlier and see how you feel.
  2. Wake up earlier. Sometimes you just need more time in the morning to get ready. If you're trying to squeeze every possible moment of sleep into your schedule, when you do get up you have to rush. That's too much stress for the morning.
- Wake up in time to give yourself a few calm and peaceful moments during your morning routine. Watch the sun rise, enjoy a leisurely cup of coffee, or partake in some relaxing conversation before the day's activities.



3. Prepare for the morning at night. The night before, take action to make your morning go more smoothly. Leave your keys in the same spot, pack the backpacks, and get everyone's clothes ready. You can even set the coffee timer to have freshly brewed coffee ready when you get up!

4. Play music. That moment when the alarm goes off might be the toughest part for you. Rather than being startled awake, wake to your favorite relaxing music. Enjoying the first few minutes that you're awake can make a big difference in your whole morning.

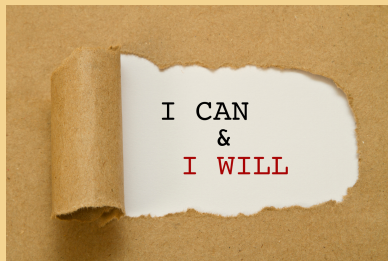
5. Meditate. Meditation can help you instill both energy and inner peace that you can carry throughout your hectic day.

- As you meditate, sit in an upright position so that you're not tempted to fall back asleep.
- Pay attention to your breathing and concentrate on the moment rather than all the things you need to accomplish during your morning.



6. Develop a positive mindset. If you tend to be grumpy in the morning, choose to start your day in a better way. Think about all the great things that might happen today. If you know you'll be encountering unpleasant situations, focus on the parts of your day that can and will be pleasant for you.

7. Give thanks. Another great way to start any morning is to concentrate on the things that you're thankful for in life. An attitude of gratitude puts you in a happy mood!



**So if you have trouble with mornings, make them easier and more productive with these strategies. You'll be amazed at how productive you'll be throughout the rest of the day!**