

The 5-Minute Guide To Morning Rituals

- SPECIAL REPORT -

I don't know about you, but I hate mornings. It seems that no matter what time I go to bed, I don't want to get up in the morning, especially when it is cold or rainy outside. The cozy bed is just too tempting! One of the best ways I motivate myself to wake up is to have morning rituals to look forward to when I hop out of bed. I'm not alone in thinking this.

Tons has been written about morning rituals. From morning ritual ideas to benefits, just about everyone seems to be on board with the idea of morning rituals. Because of how much information there is, it can be difficult to know how to get started.

That is why I decided to write this five-minute guide to morning rituals. In this guide, you will learn what a morning routine is, why you should have one, and get a few easy morning ritual ideas. Let's get started.

What Is A Morning Routine?

A morning routine is pretty self-explanatory. It is a routine or ritual you do every morning, or most mornings, to start your day on the right foot. When used consistently and correctly, morning routines can open your day up to a whole lot of positivity.

The point of a morning routine or ritual is to give you a moment to compile your thoughts and feelings so that you start the day on a good note. In other words, it lets you focus on yourself and the present so that you can have a more organized and productive day.

Consistency Is Key

The top key to a successful morning routine is consistency. By only doing your morning routine every once in a while, the routine won't benefit you much. Instead, you need to do it consistently enough that it feels like a habit and can benefit your life.

That is not to say that sleeping in every once in a while will destroy your morning. On the contrary, you should on occasion. A good sleep in is always great once a month or so. Plus, it may be helpful to have a busy morning and slow morning routine. Having both allows you to create a habit no matter what the morning brings.

You Must Be Flexible

As we implied above, there are times when your mornings may change. When that happens, don't panic. Incorporate flexibility into your morning routine so that you are ready for everything. Only by being flexible can you make your morning routine work for you, no matter the day.

Don't Overdo It

Whenever people think of a morning routine, they often think it has to be over the top and take up a lot of their time. That is not true. Though extensive morning routines may be nice on lazy Sunday mornings, they simply aren't realistic for the weekdays.

Don't overdo it with your morning routine so that you can keep up with it. Just by cutting out a few minutes out of every morning, you can notice a big difference in your day and life. Going overboard isn't necessary!

Why Should I Have A Morning Ritual?

There is no point in adding additional tasks to your life if they don't serve a beneficial function. Morning routines are great for our overall well being. You should definitely add a morning routine into your day for the following benefits:

1. Increases Productivity

The most widely recognized benefit of a morning routine is that it increases productivity. Most of the incredibly successful and productive people have morning rituals and routines that they don't ignore, no matter the day.

By starting your day with the morning ritual, you set the tone for the rest of the day and kick start productivity and activity. This allows us to increase our productivity by focusing on what is in front of us and starting with a lot of momentum.

2. Lowers Stress

Whenever we take the time to focus on ourselves and stay in the present every morning, our body experiences lower stress. Even more so, a morning routine gives you ample time in the morning to get ready, preventing you from feeling stressed and rushed to go into your day.

Obviously, lowering your stress levels will make you feel better. In addition, it can also help decrease chances of depression, anxiety, high blood pressure, diabetes, heart disease, and more.

3. Develops Healthy Habits

Everyone wants to get healthier, but most people don't know how to go about it in an impactful and long-lasting way. Morning routines make it easy to develop healthy habits that last throughout your day and life.

By having a morning ritual, you get up around the same time every day, take a moment to reflect on yourself, and get your thoughts in order before tackling the day. This creates a number of healthy habits that impact the rest of your choices.

4. Boosts Energy

The main reason people hate mornings is because of how tired they feel. Whenever you sleep in, rush to get ready, and run out the door, you typically feel drained, even if you got a lot of sleep the night before. Having a morning routine boosts your energy so that you don't feel as bad throughout the morning and day.

This is because morning routines allow your body to fully wake up and turn back on in its own time. In other words, your body doesn't automatically go into stress mode, making you feel more tired in a short amount of time.

Easy Morning Ritual Ideas

Here are some easy morning ritual ideas that you can try out for yourself. Feel free to change them up according to your interests and day.

1. Mindfulness

Mindfulness is the act of being in the present. By incorporating mindfulness into your morning routine, you firmly plant yourself in the present, welcome the new day, and get a good feeling about your emotions and thoughts. At the same time, mindfulness is shown to help relieve anxiety, depression, and a number of illnesses.

To practice mindfulness, place yourself in the present. One way you can do this is by drinking your morning coffee.

Pick up the mug and feel the warmth around your hands. Then, bring the mug up to your mouth, but don't drink it yet. Simply smell the coffee and notice how the sensation changes whenever the steam touches your nostrils and floods through your body. Finally, sip the coffee slowly, noticing how it feels going down your throat.

Once you have finished your cup of coffee, set an intention for the day. Be sure to say it out loud so that you feel it and make a commitment to it.

2. Turn Off the Phone

Phones are a great way to communicate with distant loved ones, but they are also the source of a lot of stress and anxiety. The first hour you are awake, try to leave the phone off. Though it may be tempting to scroll through Instagram or look through your inbox, do something more productive instead.

Whenever your phone is turned off, it's harder to compare yourself to others or allow your work life to infiltrate your personal time. Just by leaving the phone off, you give yourself extra time to appreciate your life, morning, and self.

3. Reading and Writing

Mornings are a great time to focus on self-improvement. By the time you get home, you are likely too tired to care about self-improvement. Use the extra time to read or write. Reading and writing stretches your mind and allows you to explore your own thoughts, emotions, and goals.

If you aren't much of a writer, you can create a gratitude log. In this log, list three things you are grateful for every morning. This takes very little time, and it doesn't require any artistic skills.

As for reading, pick something that is uplifting and inspirational. A good self-help book that targets things you need to work on within yourself is a great way to start your day. You can look online for recommendations based on your needs.

4. Exercising

If you are someone who already uses their brain throughout the day and doesn't move much, take a moment to exercise in the morning. Exercising in the morning will kickstart your metabolism and ensure that you can relax whenever you get home.

You can create a regimented routine, or you can pick something a bit slower and more fun. For example, you can take your dog for a walk, play a game of basketball, or jump rope in the backyard. It is up to you how you exercise during your morning ritual.

Tips For Making Your Ritual Stick

The hardest part about a morning ritual is letting it stick. Many people will start out with the morning ritual but eventually, give it up. Only by sticking to your morning ritual will it be beneficial. Here are some ideas and tips for sticking to your morning ritual:

1. Make A Commitment

If you don't commit, you probably will not get very far in your morning ritual. The whole point of a morning routine is to improve yourself and your life. If you don't want to do either of those things, then there is no point in starting a morning ritual.

Focus on yourself and truly want to improve your life. Just by making this commitment to and about yourself, you are more likely to stick to the morning ritual.

2. Know The Why

To add a line to the first tip, also know the why behind your morning ritual. It is assumed that you want to better yourself or your life by starting a ritual, but what exactly do you want to improve? Do you need to develop healthier habits, or do you need to lower stress in your life?

Knowing the why makes the ritual feel much more direct in your life. Plus, it will help you select morning rituals that relate to your end goal. Know the why to create a morning ritual that is effective and sticks in your life.

3. Be Flexible

I already mentioned this, but it is so important that I am saying it again. You must be flexible with your morning ritual. Not every morning will be the same. Trying to force the morning ritual on days where it simply doesn't belong will get you discouraged and overwhelmed. If there is a certain morning where your morning ritual will not fit, that is okay.

More so, be flexible in the sense that you adapt your routine to make it better and better.

4. Be Kind To Yourself

Finally, be kind to yourself. If you are going to beat yourself up every time you forget a morning ritual, you are completely missing the point. Allow yourself room to grow, develop, and make mistakes. If you don't, the morning routine will likely be way more stressful than it needs to be.

If you wake up one day and don't feel good, be kind yourself. Don't force yourself to run a mile if your ankle is hurting. Instead, find other ways to start your morning off the right way without punishing yourself.

Conclusion

All in all, morning rituals are a great way to start your day, and they don't have to take up much time. Simply by taking a few minutes to read, exercise, or do anything that makes you feel good, you may experience a number of wonderful benefits for the day and your life. Just be consistent in your morning ritual and continue to improve upon it so that it organically matches your life.