

HOW TO CREATE A PRODUCTIVE MORNING ROUTINE

Things to ask yourself:

- WHAT DO I NATURALLY DO EVERY MORNING WITHOUT BEING REMINDED?
- WHAT TASKS DO I WANT TO INCLUDE IN MY MORNING ROUTINE THAT I USUALLY PUT OFF {i.e. WORKING OUT, READING, LAUNDRY}?
- WHAT CAN I DO IN THE MORNING THAT WILL MOVE THE NEEDLE TO HELP ME HAVE A PRODUCTIVE DAY?
- HOW MUCH TIME AM I WILLING TO DEVOTE TO MY MORNING ROUTINE?