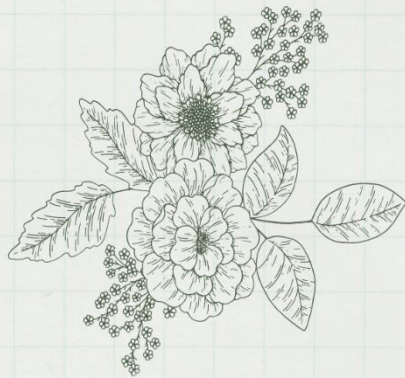


5 Benefits of Morning Rituals



YOUR EYES LIGHT UP WHEN
YOU'RE HAPPY

5 Benefits of Morning Rituals

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Introduction

If you are not a “morning person” you may recoil in horror at the idea of waking up even earlier to include morning rituals in your busy schedule. You do not have to wake up at 5 AM every day to benefit from introducing morning rituals into your life. If you drink a cup of coffee in the morning or immediately start scrolling through social media after turning off your alarm then you already have morning rituals. The idea is to optimize your morning routine for a more stress-free and productive day. Our mornings can set the tone for the rest of our day which is why many experts recommend using the morning to spend some time on you.

What is a Morning Ritual?

A **morning ritual** is a task that you perform in the morning every day. This can range from taking a walk to making a to-do list. Your morning rituals should be tailored for what works best for you. Some common morning rituals include meditation, exercise, journaling, yoga, reciting affirmations and setting daily intentions, such as remaining patient with a difficult coworker, experimenting with a new stevia recipe and following through on your plan to snack only on fruit.

A ritual is not the same thing as a routine. A morning routine might involve exercising, showering, dressing, reading the paper and eating breakfast. Because we've done it so

many times before, we know what to do and in what order without having to do much thinking. A ritual may involve these same mundane chores, but a ritual takes on a meaning beyond getting a task completed. Rather, the focus is on the process of the task or an appreciation of its side benefit.

Benefits of Morning Rituals

These benefits of morning rituals are backed by scientific studies.

More Productive Days

Taking a few moments at the beginning of the day to organize your thoughts and plan your day can go a long way when it comes to productivity. Going into work groggy, grumpy, and unprepared can leave you feeling unfulfilled and unaccomplished. Having a productive day is not just about making a to-do list either. Having a morning ritual that makes you feel good about yourself and start the day off in a relaxed mood will also help you be more productive. Instead of rushing into all of the

tasks you have to complete with a scrambled mind.

Less Stress

Stress is a normal human reaction to having too much to do in too little time. There are a lot of physical and mental ways that stress can affect you over time. This includes increased anxiety, developing depression, fatigue, headaches, and even body pains from tension. One of the ways that having a morning ritual benefits you is that you know what to expect every morning and so your brain has less to worry about. Self-care rituals like exercise, journaling, or meditation can reduce your stress levels throughout the day because you can approach challenges from a clear mindset.

Live Healthier

If your morning rituals currently include things like pressing the snooze button multiple times, scrolling on social media while chugging a boiling cup of coffee, skipping breakfast, and violating several traffic laws as you speed to work...well that's not great, but you are not alone. Many people get into bad habits and do not know how to break them. Having a morning ritual is a great way to implement healthy habits into your life. Having a schedule in the morning can help you make time in your day for working out and eating a healthy breakfast. These healthy habits will make you feel more energized and productive throughout the day and benefit your long term health. It is tempting to hit the snooze button (we have all been there), but once you get into a routine your body will adjust to waking up at a specific time.

Having morning rituals that you enjoy to look forward to will motivate you to get out of bed in the mornings.

Better Memory

Have you ever taken a long commute to work and settled into your work when you suddenly groan and realize you forgot to complete an important task at home? Having a morning routine can help to prevent you from forgetting important things. Imagine working all night on writing a paper just to forget it at home on the day it is due. Instances like that are avoidable by using morning rituals to take time to reflect on the day ahead of you and prepare. Getting into a regular morning routine means that you do the same tasks every morning which makes it harder to forget things. Creating a to-do list is a morning ritual that will have a huge benefit in

helping you to remember all of the important things you have to get done that day. Being clear-headed in the morning helps to improve memory.

Make More Time For Yourself

Morning routines save time because you do not have to waste time thinking about what to do next. This means that you can get more sleep or get more things done in the morning. Having time for yourself in the morning means that you can spend more time getting ready for the day. You can plan out your outfits and spend more time on your appearance which will make you feel confident and look more put together. For many people, the morning hours are a sacred time. Families with children will appreciate the quiet and calm before the kids wake up. Take time for yourself in the morning to walk outside

and smell the fresh air. Write in your journal, burn a candle, meditate, take a bath, and pamper yourself and you will feel better all day. There are many ways that you can pamper yourself in the morning.

Why Morning Routines Are Important

All of the benefits that we listed have one thing in common: they will help you be a more successful person with a more positive attitude. Both your career and personal life can benefit from morning rituals.

For Your Career

People who work in sales or management know how far a positive attitude can go. Being in a leadership position is a lot of responsibility and coming into work every morning in “pre-

coffee mode” can be off-putting for your future career prospects.

- Better leadership skills
- Better decision making
- Look better by spending more time on your appearance
- Inspire others to be like you
- Positive mood
- Increased productivity
- More confidence

Having a confident attitude can go a long way in the professional world. If you can't manage to brush your hair or lint roll the cat hair from your slacks before work, then why should you be trusted to manage important clients and projects? Appearance is less important than your work ethic and performance, but they both

play a role in how successful you can be in your career field.

For Your Relationships

Having a lot of stress and a rushed schedule can lead to less fulfilling relationships in your life. Morning rituals allow you to take time for yourself so that you can make time for them. Spending quality time with your significant other or spouse in the morning instead of just silently bumping shoulders in the kitchen as you get ready for work in a frenzy can help your relationship be more loving and healthy.

- Less morning grumpiness
- Spend more quality time
- Talk about your plans for the future
- Less stress means fewer arguments
- Get more done as a couple or a family

The same thing goes for spending time with your children. Having an organized routine for the morning allows you to spend extra time with the kids by cooking them breakfast, going over their homework assignments, or simply seeing them off to school with a smile. Being grumpy in the morning because of stress and lack of sleep can affect the people that you love. Some people get snappy or distant when they are under stress which can make significant others and children avoid you completely in the morning. If this sounds familiar then you need to start using morning rituals right away to get control of your time. Even if you are completely single and childless, your relationships can benefit from a morning ritual. You could check up on an older relative or parent, text a friend, or meet up with a coworker for coffee and a

morning stroll with the extra time you make in the mornings.

For Your Mental Health

The importance of mental health has become more obvious to society in recent times. In the past, a lot of people neglected to take care of their mental health when trying to be more productive or handle a heavy workload/responsibilities. We know now that mental health plays an important role in how productive and successful we can be. Morning rituals make time for you to do things that improve your mental health.

- Journaling
- Self-care
- Meditation

- Exercise
- Less stress

Being too stressed out is bad for you in all aspects. Creating a morning routine that benefits your mental health will have positive benefits that spill out into other areas of your life. People who struggle with anxiety, ADHD, and depression can improve their mental health and reduce the severity of their symptoms by using healthy morning rituals. Of course, burning a candle in the morning is not a replacement for seeing a mental health professional if you need one, but taking time to focus on your mental health can certainly help. Therapists, life-coaches, and doctors all recommend having a routine in place.

For Your Physical Health

We have already discussed in detail why stress is bad for your health and how morning rituals can reduce stress, but what are the other ways morning rituals can benefit your physical health? Having a routine will free up your time in the morning that you would usually spend scrolling on your phone or trying to decide what to do first (procrastinating). Structured daily schedules are an effective way for being more productive overall, including for your health.

- Exercise more
- Eat healthier
- Get more sleep
- Wake up with more energy

You do not have to wake up earlier to have a morning routine. When you have a list of things

that you need to do each morning it becomes easier to take care of the necessary tasks in a shorter amount of time. This way you can catch a few minutes of extra sleep. Your body will naturally fall into a rhythm of going to sleep and waking up at a certain time which will make you feel more rested when the dreaded alarm clock goes off. The alarm clock may not be so dreaded when you have a healthy breakfast and selfcare routine to look forward to. It will eventually become effortless to wake up at the same time every day. One of the best times to exercise is in the morning because it gives you a rush of endorphins and promotes energy levels to start the day. A lot of people have difficulty finding the motivation to work out first thing in the morning, but with a daily routine, it will become easier. A simple walk around the block while you drink your coffee and watch the

sunrise is a great way to get your blood flowing first thing in the morning.

Establish a Morning Ritual and Start Attracting Things You Want

Do you have everything that you want in your life? We are not just talking about money and wealth here. Do you have your ideal partner? Is your health as good as you want it to be? Do you have the skills that you need to live your life to the fullest?

If you ask most people they will tell you that they do not have everything that they want. Ask them what they are doing about it and they will

give you a blank look. This is because they are not doing anything about it. All of their hopes and dreams quickly fade and they return to “normal” life.

You have probably heard of the Law of Attraction before but you may not fully understand it. It works on the principle of “like attracting like”. Everything in the world vibrates including us. You do not see these vibrations because they would drive you crazy. Everything communicates with the Universe through these vibrations.

For human beings the vibrations come from their thoughts and actions. You need to send the right vibrations to the Universe to get what you want. Most people do not do this and send the wrong vibrations. They focus on lack and what they haven't got. They are negative a lot

so the Universe gives them more lack and more negative things.

Some people think that the Law of Attraction is some kind of magic spell. All you need to do is believe that it works and then hope your life will change for the better. But it doesn't work like this. You need to be clear on what you want and then take the appropriate action to get it. This sends the right vibrations to the Universe so that the Law of Attraction will work for you.

People that use the Law of Attraction to get what they want are in control of their lives. They don't wait around to see what life will throw at them. Instead they know what they want and they take action to master their own destinies. Sitting back and waiting and hoping will get you nowhere.

Be Clear On What You Want

If you were to ask the average person in the street what they really wanted in their life they would probably not be able to tell you. Most people are drifting around aimlessly complaining about the things that they don't have and how bad their life is. This sends the completely wrong signals to the Universe.

When you live a life of uncertainty and negativity the Universe will keep providing you with this. So if you are in this position you need to change right now. The reason that most people are not clear about what they want is because it takes effort to concentrate on this. It is a lot easier to laze around on the couch watching meaningless TV.

So you need to take some quiet time where you can look at all aspects of your life to determine what you want. Your health is an important area as are your finances and your relationships. So spend some time thinking about all of these things and write down what comes to mind.

Let's take finances as an example. How much money do you want to make in the next 12 months? Don't limit yourself here. Write down the exact amount and then reflect on this and imagine that you already have this money. How does that make you feel? If you feel excited about this then keep this as a goal.

Do you have the right person in your life right now? If not, think about your ideal partner in life. What do they look like? What kind of character do they have? What do they want in

their life? Once you have come up with all of the traits that will make up your ideal partner imagine what it would be like having them in your life.

Keep thinking about different areas of your life and write down what you want and how you feel about it. After this look at the list you have created and decide which ones are the most important to you. It is important that you do not try to achieve too many goals at once.

What is really important here is “why” you want these things. Money is just bits of paper with numbers on them. What will having this money really mean to you? Will you use it to help others as well as yourself?

Once you have one or two goals that you really want to achieve then write them down in a

journal or somewhere else where you will see them all of the time. Include the reasons for wanting to achieve the goals. Check them for realism and ensure that you always add a time (e.g. in 12 months from today).

Decide On What You Don't Want

One of the main reasons that people are unable to manifest the things that they truly want in life is because they are constantly distracted by things that they don't want and need. Maybe you are working longer hours at your job for a promotion that you don't really want? Or perhaps you are mingling with a group of people but don't really want to do this.

You should never waste your precious time and energy on things that you don't need or want. A lot of people will do these things

because they want to be seen doing them. But where does that actually get you? Maybe you will receive the odd compliment from time to time but if it is not making you happy then you need to stop doing it.

When you are unhappy you send out negative vibrations to the universe. And guess what? The Universe thinks that you want to be unhappy so it will send you more things to be unhappy about! Always remember that “like attracts like”.

Fortunately you can break this pattern and put an end to spending time and effort on things you don't want or need. It may not be easy for you at first but it is certainly possible. So just as you did when you were thinking about what you really want from your life, take some time out to assess what you don't want.

This should be very easy for you to do. After all you know what things you are doing that don't make you happy right? If your job makes you unhappy then add this to the list. There are different jobs available or you could start your own business for example. Once you have written your list think about how you will stop doing these things.

Be Grateful For The Things That You Have Now

Showing gratitude is a very empowering thing to do. It also sends out positive signals to the Universe. Some people will tell you never to do this as it can make you complacent and you will not be motivated to improve your life. This is not the case. People that are grateful for the things that they have on a regular basis always receive more things.

So what should you be grateful for? There are many things. Don't even think that you have nothing to be grateful for. This is complete nonsense. If you get up early in the morning to go to a boring job be grateful that it provides you with the money that you need right now to take care of yourself and your family.

Does that mean that you can never change this job? Of course it doesn't. You are showing gratitude for the fact that you have an income and can put food on the table, pay the mortgage or rent and keep the lights on. How you do this in the future is up to you.

You can be grateful that you are in reasonable health and that you have the energy to earn money and do other things to take care of your family. This doesn't mean that you don't need

to do anything to improve your health – you should always be looking to do this.

What about the people that you have in your life? If you have a loving and loyal partner then be grateful for this. They have stuck with you through thick and thin. They are in your life and not someone else's. Again this doesn't mean that you cannot take steps to improve your relationship in the future.

What about being grateful for some of the things that you have? Maybe you have a trusty old car that gets you to work and back each day? Be grateful for this. It doesn't matter that it is not shiny and new. You do not have to walk to work or use public transport. Be grateful that you have this car.

So here is what you need to do. Every day think about and write down 3 things that you are grateful for. It doesn't matter what they are. Reflect on what you had to do to get these things. Showing gratitude is one of the most powerful ways that you can attract the things that you want in your life so be grateful each day.

Create A Plan And Take Action

Having goals is a good thing but they will not achieve themselves. You need to make a plan and take action every day. A lot of people think that the Law of attraction is all about sitting on the couch hoping for their life to change for the better. This is not the case at all. Being clear on what you want tells the Universe to get everything ready – the rest is up to you.

So how do people win the lottery? Well they have to take action through the purchase of a ticket and choosing some numbers. If they didn't do these things then they would have no chance of winning. All they would be doing is hoping and dreaming.

If you want to earn \$100,000 in the next 12 months then you need a plan to achieve this. You need to think about how you are going to do it and then work towards it each day. So for example you may want to find a job that will pay you this money. If you don't have the necessary skills for the job then you need to develop them.

Or you might want to start a business that you can work from home. With the Internet there are plenty of opportunities in this area. The first step in your plan could be to investigate the opportunities that exist and then decide which one is right for you.

Perhaps you want to lose 30 pounds in the next year. You will need a plan to do this which includes changing some of the foods that you are consuming now and replacing these with others. Add in some regular exercise and you will be far more likely to achieve your goal.

A year might seem far away right now but you know that it isn't. Create your plan to achieve what you want and break this down into daily, weekly and monthly tasks. When you work on your goal each day you will send the right signals to the Universe and you will manifest what you want.

Once you have your plan remember that it is not cast in stone. You can change and adapt it as you progress. Ask yourself what you can do today to make progress towards your goal. Write these down and take action.

Develop A Positive Mindset

Unfortunately our world is full of negativity. If you switch on the news then it is all doom and gloom. You will know people in your social circle that are always complaining about something. If you let it then this negativity can rub off on you. Becoming a negative person will never help you to attract what you want.

We have already explained that when you send negative vibrations to the Universe you will get negative things in return. The Universe will give you what you ask for and if you are always complaining then it will give you more things to complain about.

Make the transition to positive thinking. If you are always having negative thoughts about

yourself then neutralize these with positive thoughts. For example if you think “you are just not good enough for this job” think “I can do any job well”.

One of the things that we highly recommend is the creation and regular use of positive affirmations. Here you make positive statements about yourself and read these out loud (or think them to yourself) at least once a day.

Here are some examples:

I am a great person and I can do anything.

I am not afraid of new challenges and embrace them.

I am confident and nothing fazes me.

Every day I am getting better and better.

You need to write your own positive affirmations that you are happy with. The most important thing is that they are really positive and show yourself in a good light. Keep them with you and say them every morning for a great start to your day.

Adopt A Self-improvement Habit

To attract all of the things that you want in your life you will need to work on your self development. There will be some things that you will need to do that you cannot do right now. This is an opportunity for you to grow as a person and we encourage you to grasp this with both hands.

Focusing on your personal development will send very positive vibrations to the Universe. At first you might find it a struggle to improve yourself. It is certainly going to take some effort

on your part. But when you start to see results you will absolutely love the transformation that you are making.

Look at ways to improve your self confidence if you are lacking in this area. The more confidence that you have the more likely that you will attract the things that you want. When you are truly self confident you believe that you can do anything.

There are so many resources available today for you to make significant strides with your self development. You can get books on the subject and of course there is a ton of stuff available online. Make it part of your daily routine to work on yourself. In no time at all you will be amazed by the results.

Say “Yes” To Opportunities

Most people turn down any opportunities that are presented to them. They either do this through laziness or fear. The thing is that some of these small opportunities can turn into huge opportunities. You just never know.

If you believe that there are no opportunities out there for you then you need to think again. Opportunities are everywhere. Even something as simple of having some free time on your hands to do something with rather than watching the TV or wasting your time on social media is an opportunity.

Here is a classic example of how opportunities can work for you. Let’s assume that you do not have a partner in your life right now and you truly want this. You are invited to an event and the opportunity to meet some new people.

Normally you would turn this down but you decide to say “yes” this time.

When you get to the event there are a lot of people you don't know. So you make an effort to get to know as many as you can. Talking to one person you discover that they have a friend that is looking for love. They show you a picture of this person and before you know it you are on a date.

When you say “yes” to a business opportunity always check it out first. You can find out just about anything online these days and if you feel that the opportunity is right for you then go for it. How many opportunities have you turned down in the past?

Develop A Persistence Habit

Have you tried to do something in the past which didn't turn out as you wanted it to and then given up on it altogether? Of course you have – we have all done this. The thing is that if you had been a bit more persistent who knows what this would have led to?

Persistence is a fantastic quality to have and it sends positive vibrations to the Universe. If you fail at something it doesn't matter. Just learn from the failure and try again. These days too many people are expecting things to land in their lap for little or no effort. Products sell very well on the back of this premise.

If you want to manifest your desires then persistence is essential. Realize that you are going to encounter a number of challenges

along the way and you need to be strong and persistent to overcome them.

So when you decide to do something that you haven't done before be persistent with it. You wouldn't expect to learn a foreign language overnight and be able to speak it perfectly the next day. You need to be persistent and listen to the feedback you are getting. Just be persistent it will truly reward you!

Visualize That You Already Have What You Want

This is very powerful. For each of the things that you desire visualize that you actually have them in your life right now. So if you want \$100,000 in your bank account see yourself logging into your account and seeing this

money. Reflect on how this makes you feel and make it strong.

Most people think objectively – if they can't see it then they don't have it. Make the switch to subjective thinking where you see what you want before you have it. This sends out very strong vibrations to the Universe.

It is not difficult to develop the art of visualization. Just practice often and it will come naturally to you after a short while. Always remember to make the feelings really strong when you visualize having the thing that you want to attract in your life.

Believe

We have saved the best until last! You must strongly believe in the Law of Attraction and

that you will receive what you want to attract. Keep working on this every day until your belief is unshakeable.

Belief is everything. If your belief is weak then you will be easily talked out of getting what you want. There are plenty of negative people out there that will be delighted to do this. Don't listen to them and keep believing!

Conclusion

Morning rituals are a routine of doing the same thing every morning until you get into a natural habit. You can use the mornings to get things done, care for yourself, and spend time with loved ones. The quiet hours of the morning are great for journaling and reflecting on the day you have ahead of you.

Many areas of your life can benefit from having a routine of morning rituals. You can be more productive and successful at work, have more fulfilling relationships with your loved ones, and take better care of your mental/physical health. Each day starts with a morning, so why not start it out on a positive note? Leave bad habits in the past and introduce new, healthier habits with a morning routine.

Studies have shown that morning rituals promote higher energy levels and less stress during the day. They also can free up time to spend on yourself such as pampering your skin and hair, dressing nicely, writing, meditating, or just enjoying a cup of coffee in peace (instead of spilling it on your lap on the freeway). Healthy habits like cooking breakfast instead of getting drive-thru fast food or taking a morning walk can improve your health for years to come.

It may take some time to get used to a new morning routine, so don't be too hard on yourself if you mess up at first. Before you know it your morning rituals will flow so naturally that you will forget that you ever used to have chaotic, rushed mornings in the past.



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