



A Fab **YOU** lous Way to Start Your Day

Set out your clothes the night before! It makes life **SO much easier** in the morning.

Preset your coffee maker, make your lunch and set out breakfast dishes the night before. The more you can accomplish before going to bed, the **less hectic** your morning routine will be. Also--going to bed at a decent hour will also make your morning far **more enjoyable**.

Wake up 20 minutes earlier than usual. Use the **extra time** to meditate, set intentions for the day, do affirmation work, read a devotional passage etc. By using the first few minutes of the day to **ease** yourself into a **positive frame of mind** and spiritual state, you are setting the tone for your entire day. If possible, do this while sitting near an open window where you can get plenty of **sunlight**.

Drink some water. Nothing gets your system **revving** again better than a tall glass of cool water. Consider infusing your water with some lemon (you can do this the night before too--simply fill a glass pitcher with some water and sliced lemon and let it chill in the refrigerator over night).

Do some quick jumping jacks, push-ups and some easy stretches. This will get your **blood pumping** and muscles loosened up.

Go about your normal prep routine (shower, do make-up, dress etc.)

Strive to leave the house five minutes earlier than usual. On your drive to work, try listening to an **inspirational** audio-book or podcast instead of your normal radio station.