

WIN THE MORNING, WIN THE DAY!

MORNING *Mastery*

CHECKLIST



Morning Mastery Checklist

Each day starts out with a morning. You may wake up because your circadian rhythm is in total sync with the sun. Or, you might have woken to the shrieking sound of your frantic alarm clock, forcing you to start the day. But any way you end waking up, morning is the first part of the day. This checklist will run you through the simple tips and techniques to make every day start off as a good day.

Chapter 1: Waking Up

How we start the day is how we end the day. And we begin our day by waking up. To have a good morning, you need a good night's sleep. To get a proper night's sleep, you need the right amount of sleep and, you need to go to sleep feeling good. In order for you to have a peaceful rest with a happily tired mind,

you should've had a good day. To have a good day, you need to wake up on the right side of the bed.

This cycle never ends, but there will always be a starting point. Hopefully with this knowledge, you can have better understanding of your future path and how to navigate your destiny.

How To Start Your Day

Most people assume that time for yourself is at night or in the evening when the day comes to an end. While this is an understandable assumption, time in the evening should actually be dedicated to wrapping up and completing your day.

The best time to spend on yourself is the morning, when the sun is high and the day begins. Yes, you have to prepare for the following outcomes and responsibilities of the day, but that's why it's better to start your days earlier.

Starting them earlier gives you more time to yourself, enough time to make the morning an enjoyable routine rather than one you resent.

Value The Time

Time is a precious aspect in life, which is why you should always be thankful for what you have. All the time you're given, shouldn't go to waste. Plan out your day, think of how to decisively make use of your time each day. Each passing minute is a minute you'll never get back, so make them all count.

If you humble yourself, you'll be less pessimistic and enjoy each moment a little more.

Enjoying Your Day

After the morning, the rest of the day still lies ahead. What you do with the rest of your day will affect the way you sleep when night time comes, and how you sleep will determine the primary outcome of your morning. Remember, the cycle never ends and it's up to you to keep up. So keep your head held high because you want everyone to know that you own the day!

Chapter 2: The Early Bird vs the Night Owl

There are two kinds of people in the world; those who are capable of rising with the birds, and others who rather be known as the “night-owl”. These people are distinguished with two different names because they function best at different time of the day.

If you're a morning bird, say even a rooster, you'll always be awake in the morning to coo when the light comes from the east, but you'll be dead asleep as the west consumes that light. An owl will never coo at sunrise because they're always too busy sleeping. They don't cherish the sun because it interrupts their slumber.

Downfalls Of Waking Up Late

To encourage you even more to wake up early, here are some important reasons you shouldn't be sleeping in.

Primarily, there is the issue of fatigue. This can drag throughout your day, making it seem longer and more tiring than it really is. Staying up late for too long can make you dizzy and relatively light headed. Another issue experienced with late sleepers is their exposure to developing illnesses.

Why Some People Wake Up Easier Than Others

As humans, we're all made differently. Some people can apparently wake up fresh as a daisy, as though stabbed with adrenaline. Otherwise, there are horrible sleepers that collapse off the bed and come crawling out of the sheets as though they fought with their pillows and lost.

Some people fail to sleep on time, get enough of it or just resort to a more lethargic life than others which makes them less energetic than most. Whichever it is, if it's affecting your mornings, you might want to change your ways.

Chapter 3: Balancing A Routine

If you truly want to change your ways and start waking up earlier in the day, one thing you must establish is a routine. Every person functions more efficiently when they're working with a routine.

Waking Up In The Morning

This is the main goal, so this is where you'll start. Yes, this may seem counterproductive to the statement enlisted above, '*take baby steps*,' but the truth is, this is the first baby step you'll have to take. The only way you'll ever start is by starting large, seeing where that leads you and discover what's stopping you.

Another point to remember: your morning should never be a struggle. If you find that you woke up on the wrong side of the bed or your morning isn't going well at all, then rest some more and try again tomorrow.

Sleeping At Night

Sleeping on time is just as important as waking up on time. Though no one will ever force you to do so, it's better to sleep early. Once the late nights are gone, the mornings will be easier to manage. You'll eventually start waking up in the morning feeling much better and staying up at night will become much harder. This balance will make for a healthy routine and a sure-fire habit of rising with the sun.

The Reaction Of Your Actions

While you become the increasingly positive morning bird, you'll have to watch out for other pesky habits that can prevent you from staying up too late and returning you back to your lethargic ways.

Before you do anything, think about what the result will be. Naturally, if you have coffee at 8 in the evening, you're not going to sleep anytime soon. Going out for late night movies are most likely going to keep you up for the next few nights. Hangovers and late night parties aren't any help either for the morning.

Chapter 4: Sleep First To Wake Up

Sleep may not always be in your control, but in the control of your subconscious. You don't even realize it but your body works on a mental schedule that has steadily developed over time. If sleeping in is what your body is used to, then that habit has become a part of your routine. All of your hours awake and asleep work based on what you are accustomed to.

Sleeping Patterns

Sleeping patterns refer to the routine of sleep you receive daily. A good, healthy sleeping pattern will be 8 to 10 hours of consistent, uninterrupted sleep. Of course, in today's hectic world there is no such thing as a normal sleep schedule for anyone.

Positive Sleeping Patterns And Their Benefits

A good sleeping pattern as mentioned before is one that consists of 8 to 10 hours of uninterrupted consistent sleep that occurs at the same hours of each day. This is the ideal sleeping pattern to have for the healthiest balance between your days and nights.

The benefits to sleeping well make you a happier, healthier and more positive person in general. Since humans work best when on a schedule, a steady sleeping pattern will make you steadier person.

Negative Sleeping Patterns And Their Downfalls

This type of sleeping pattern is the one that most people work on nowadays. This is an inconsistent, tedious and horribly timed sleep hour schedule that breaks into sections of your day.

With a chaotic schedule, constant running around and endless errands to attend to, you're sleep is probably divided, limited and scanty.

Chapter 5: What Stops You From Waking Up Early?

There are so many things that keep you from waking up on time. One of the main things that stop you would be yourself. All of the things you do to avoid sleeping at the hour or distract your bored mind from dozing off keep you up at night and ruin your sleep.

- Unshakeable Habits
- Sleep Deprivation
- Lethargic Lifestyle

Chapter 6: Benefits of Waking Up Early

The equation to a perfect morning is simple; a good night's sleep complimented with an early start to the morning. The saying '*rise with the sun*' comes from somewhere and is basically trying to imply that the most natural healthy way to wake up is when the sun does. With the vibrancy of fresh light and a long night to help satisfy your tired mind, waking up properly is the only way to make each day count a little more.

- Increase Your Productivity
- Enjoy More Control
- Improve Your Health
- You Get To Have Breakfast

Chapter 7: Habits To Help You Sleep Early

When starting your new developing habit of waking up early, you can try out new techniques and habits to help yourself. One thing to keep in mind when you are going to try new techniques to wake up early; not everything will work for you. So just pick one or two that will work best for you and your daily routine.

When it comes to waking up early, you have to keep a positive mindset. Most people who wake up early do wake up optimistic, energetic and beaming. In order to wake up in such a good mood, you need a positive approach to your mornings, every morning.

- Optimistic Behavior
- Pre-Plan Your Day
- Hold Accountability For Not Waking Up Early

Chapter 8: Tips To Help You Wake Up Early

There's always another way to do things when you can't change, and that's to change your surroundings. Everything around you affects the way you sleep, and the way you wake up. Ask yourself some questions to better your own sleep and always keep in mind, this is for a better, more relaxed morning. The following are some main contributing factors to your sleep that should be primarily addressed for better sleep results.

- Sleeping Material
- Sleeping Earlier
- Use Sunlight To Wake Up
- Use A Friendlier Alarm Clock
- Keep Yourself Awake