

# Twitter Thread by Kurtis Hanni



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**Your morning sets the tone for your day.**

## **12 things you should do daily before 8 am:**

1. Plan the night before

To create a better morning, you need to start the evening before:

- Look at your schedule
- Set out your clothes
- Pack your bag

This little preparation can take the morning from rushed to relaxed.

2. Don't touch your phone

You should not touch your phone for two hours after waking up.

This starts with leaving it in the other room the night before. Bringing your phone to bed disrupts your wind-down and keeps you up later.

3. Get rid of the snooze

Move your alarm away from your bed so you have to get up to turn it off.

This will help you stop hitting the snooze, which destroys your mood and morning routine.

4. Let there be light

Light signals it's daytime and helps you naturally wake up.

Get a sunrise alarm and get outside immediately (see number 8).

## 5. Make your bed

You start with success and set the tone for the day.

It is proven to lower stress and improve your mood.

## 6. Drink a glass of water

The benefits of this are endless:

- Improves your hydration
- Removes toxins from your body
- Helps wake you up and feel refreshed
- Reduces calorie consumption throughout the day

## 7. Stretch

Sleep can cause you to get tight, and a morning stretch will relieve it.

It will also relieve stress and activates your muscles.

## 8. Go on a walk or work out

A morning walk is a great way to get light and increase your heart rate.

A walk and/or a work out will:

- increase your mood, energy, alertness, and focus
- improve your food decisions throughout the day

## 9. Write down what you're grateful for

Living with gratitude is a choice.

Repeating what you're grateful for each morning gets your day started on the right foot.

## 10. Read

I choose to read the Bible every morning as a way to recharge.

Maybe it's not the Bible for you, but everyone should start their day with 15 minutes of reading.

Doing this first thing assures that you're making small progress daily.

## 11. Write down your top priorities

Don't let the workday decide what you're going to do.

YOU decide what you're going to do.

Establishing the top 1-3 items ensures you set your priorities and not others.

12. Do the toughest tasks first

If you start the day with your hardest task, you could quit at noon and have accomplished more than most do all day.

It also sets a tone that motivates you to keep going.

I'd love to hear what you do as part of your morning routines.

Leave a comment and let me know.

Since you made this far, I assume you enjoyed this thread. So could you retweet the first tweet to show your support?

<https://t.co/eKBvhNrUsv>

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— Kurtis Hanni (@KurtisHanni) [April 12, 2022](#)