Twitter Thread by Tobi Emonts-Holley



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10 habits that'll bulletproof your morning routine and help you improve 1% each day:

1) Plan The Night Before

Just getting up with no plan is asking for failure.

Instead, start the evening before:

• Go to bed on time
• Lay out your clothes
• Schedule your workout
• Know what the plan for the day is

Then all you need to do is show up & execute.

2) Avoid Checking Your Phone

Everyone grabs their phone when they wake up.

But now the apps on your phone determine how you spend your morning.

You owe it to yourself, put the phone away.

3) Start With a Glass of Water

Why?

• Improves hydration
• Flushes toxins out of your body
• Helps you wake up and feel refreshed
• Reduces cravings for the rest of the day

4) Get Outside

Morning sunlight helps regulate your circadian rhythm, which will help you sleep better at night.

But even if it’s still dark, go outside and get some fresh air to help you wake up.

5) Journal

Daily reflection ensures you are in control of your life.

Other benefits include:

• Boosts mood
• Reduces Stress
• Sharpens memory
• Identify negative thoughts
• Increases emotional control

6) Connect With Your Why

What does a great life look like for you?
What vision do you have for your life?
Who do you want to become?
Who are you grateful for?
What is your legacy?

7) Check Your Calendar & To-Dos

Knowing what your day’ll look like helps reduce stress.

Clarify your to-dos to build a mental picture of your day.

This will help you feel in control of your day.

8) Identify Your One Thing

You end days feeling deflated when nothing meaningful was achieved.

Fix this by identifying one action (writing a report, playing Lego with your kids, etc) that’ll make today a win.

9) Move

It doesn't matter what you do but do something.

30min walk, Yoga session, Crossfit class...

Prep your body for the day ahead.

Get the blood pumping.

Feel alive.

10) Meal Prep

Whether for yourself or for the family, make the time to have your food prepped for the day.

This will avoid bad food choices later and create time to relax later.

Include planning for hydration to help your focus during the day.

10 Habits to Bulletproof Your Morning

Check Your Calendar & To-Dos
Avoid Checking Your Phone
Start With a Glass of Water
Connect With Your Why
Identify Your One Thing
Plan The Night Before
Get Outside
Meal Prep
Journal
Move

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