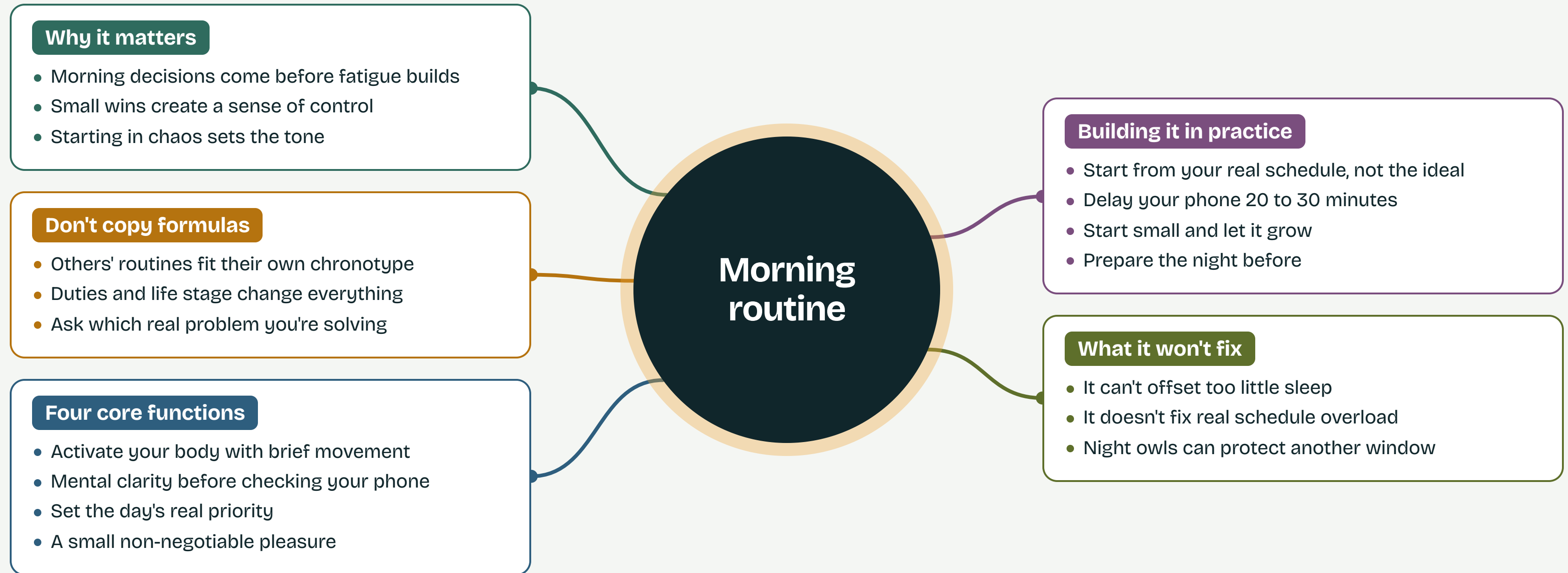


Morning routine: how to structure the start of your day



Action plan

1

Set realistic, sustainable sleep and wake times

2

Lay out clothes and the day's tasks the night before

3

Hold off on messages and social media for twenty to thirty minutes

4

Define the day's real priority early on

5

Add one block at a time and resume after slips

Key takeaway

A good morning isn't copied: design your first hour to support the rest of the day.