

8 THINGS TO DO BEFORE 8AM



WAKE UP!

To set yourself up for a great day ahead, you must first have got a minimum of seven hours sleep. This is linked to increased memory, a longer life, decreased inflammation, increased creativity, increased attention and focus and so much more!



GET MOVING!

We all know exercise is important and one of the main contributors to a healthy lifestyle but did you know that intense exercise in the morning has been know to increase inspiration and clarity? It also decreases anxiety, stress and the chance of depression....get moving!



EAT WELL!

Setting yourself up for the day can be as simple as eating the right things first thing. Tim Ferriss (and many others!) recommend eating 30 grams of protein 30 minutes after waking up. It decreases your cravings for white carbs too! For those who are meat or dairy free there are plenty of plant-based options too - legumes, greens, nuts, seeds etc.



CHILL OUT!

This is not my favourite! Have a cold shower! That's right, cold-water immersion radically facilitates physical and mental wellness. If this practice becomes a habit, you can find long-lasting improvements to your immunity, lymphatic system, circulation and digestive systems. It can also be linked to weight loss as it boosts your metabolism.



GET IN THE ZONE!

Where you focus goes, energy flows (thanks Tony Robbins!). So for me this is 10 minutes of quiet time thinking of all that I am grateful for in my life and what I can look forward to being grateful for. For others, this may be time for prayer or meditation.



REVIEW YOUR VISION

You must have heard by now that a goal not written down is just a dream. So now is the time to review your vision for you life and business. Take a few minutes to read through or review your goals, short and long-term, or your vision board. This simple habit refocuses your attention each day on what is important to you.



GET INSPIRED

Instead of waking up, rolling over and checking Insta. Why not seek out content first thing that inspires you or broadens your thinking. Find a blog writer or podcast that stimulates you and gets you excited. Time poor? Why not invest in audio books that you can play while getting ready in the morning, during your shower or over breakfast.



TAKE ACTION!

Did you know that our ability to make high-quality decisions depletes over the course of a day? It is said that the more decisions we make, the lower their quality can become. Take action and knock out some of those big goals or hard tasks first thing in the morning. I tend to frame this as "Defeat the Worst First".