

How to Boost Your Mornings

If you lack energy getting in the morning then I have some tips for you.

- **spend two minutes to tidy.** I am not going to tell you to make your bed. I spend the morning tidying shoes away, my sons clothes he's worn in bed and just pottering around just straightening things out.
- **read. I love reading.** I enjoy getting up and reading. How I start the day is how I end the day.
- **Play some music.** I love to play some music in the mornings. It is a good wake up tool and been my love since I can remember.
- **Plan your day.** So I am realising that I like to plan on the day, because I do a plan a week ahead, but this has made me resistant on some tasks so thinking of changing this to deciding on the day but still plan for the week and update my wall planner.
- **Each week have one or two baths.** I love a morning bath. On some days I will shower. However mainly autumn like to have a bath in the mornings. It really helps me blend in the day and just makes me feel such gratitude.
- **Brush your teeth as soon as you get up.** Due to medication I take for my anxiety I often get a dry mouth so i will make sure I have water but brush my teeth and before reading or having a bath I brush my teeth.
- **Do a morning walk.** My absolute favourite thing. I love my morning walks and include it all the time and really gives a great burst of energy and totally recommend.

