

RISE & SHINE ON!

**HAPPINESS HABITS
MORNING CHECKLIST**



**Every morning is a fresh start,
wake up with a thankful heart.**



Your morning routine is everything! It sets the tone for your day. It allows you to have a **fresh start**, a new perspective. Numerous **studies** have found that the attitude you have in the **morning** is usually the one that will stick with you throughout the day.

Habits stand as powerful allies in our quest for efficiency and personal growth. They automate our **actions**, freeing our minds to focus on higher tasks. Leveraging the incredible capabilities of our brain allows us to perform many tasks effortlessly, paving the way for a productive day and allowing us to maintain a **positive attitude** with ease.

Remember, cultivating **positive habits** is key to achieving more, feeling energized, and consistently accomplishing your **goals**. Let's dive in so you can begin your **Rise & Shine On! Routine** every day of the week.



Morning “Rise & Shine On!” Routine Guide

Let's dive into crafting your effective **morning routine** that promises to **unlock your potential**, combat procrastination, and improve your mental health. Following these basic **11 steps** consistently each morning establishes a new standard, transforming your mornings into a **foundation of positivity!**

#1. Rise Early

The temptation to press snooze can sabotage **your day** before it even starts. A recent study indicates that rising early helps synchronize your internal clock, **alertness, and performance**. Rising early sets a **positive tone** for the day, providing extra time for self-care, planning, and reflection, which can significantly improve your mood and **reduce stress**. This habit promotes a sense of accomplishment and control over your life, leading to enhanced **productivity**, better mental health, and a more fulfilled and balanced lifestyle.

A good plan today creates a more positive tomorrow.





#2. Start With an Attitude of Gratitude

Starting your morning with **gratitude** is more than just a feel-good habit; it's a practice grounded in **science** that can profoundly transform your daily life and overall **well-being**. When you begin each day by acknowledging and appreciating the good in your life, you're setting a positive tone that **impacts your mood**, mindset, and interactions throughout the day.

Scientific studies have shown that **practicing gratitude** consistently can lead to significant benefits, including enhanced mental health, **increased happiness**, and even improved physical health.

#3. Hydrate

Starting your day with a glass of water **rehydrates your body**, kick-starts your **metabolism**, and can improve your mood and brain function. Adding lemon, cucumber, or mint not only adds flavor but also provides additional **vitamins, antioxidants**, and a refreshing start. Research suggests that the amount of water you should drink daily to maintain good health and mood varies depending on many factors. However, a general guideline is about 8 glasses or up to a gallon of water a day for **optimal health**.



#4. Make Your Bed

This simple act has psychological benefits. A survey by the National Sleep Foundation found that people who make their beds are more likely to report having a **good night's sleep**. Additionally, Admiral William H. McRaven famously stated that making your bed in the morning gives you a small sense of pride and encourages you to complete another task, and another, setting a **positive tone for the day**. Do you make your bed?

#5. Exercise

Regular physical activity in the morning **boosts endorphin** levels, which are chemicals in the **brain** that act as natural painkillers and mood elevators. According to the American Journal of Psychiatry, regular exercise can significantly **improve your mood** and reduce symptoms of depression and anxiety. Whether it's a jog, yoga, or a home workout, moving your body can increase **self-esteem** and cognitive function.

Success is not final, failure is not fatal: It is the courage to continue that counts.





#6. Hygiene & Self-Care Refresh

A morning hygiene and self-care routine can signal your brain that it's time to **start the day**, reducing resistance to waking up, increasing motivation, and **reducing stress levels**. Everyone's routine looks slightly different, but here's a good example: meditation, shower, brush and floss, skincare routine, hair and makeup (for the ladies), and brief stretching to **boost circulation** and flexibility.

#7. Affirmations

The words we use shape our reality. They are the blueprint for our experiences. This is why affirmations are so **powerful**. We are always saying affirmations to ourselves without realizing it. The more frequently we affirm something to ourselves, the more ingrained it becomes in our **subconscious mind**. Create your own affirmations and say them in the mirror while you are getting ready in the morning for a huge **boost of positivity!**

Small positive thoughts and actions in the morning can change the course of your whole day!





#8. Nutritious Breakfast

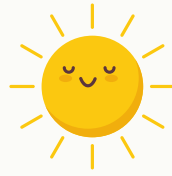
Making your first meal of the day **healthy** can improve short-term memory and attention, according to a recent study. Foods high in fiber, **protein**, and healthy fats can stabilize blood sugar levels and provide sustained energy. If you are intermittent fasting, just make sure that your first meal is **nutritious**.

#9. Read

Reading in the **morning**, even just 10 pages, is one of my favorite habits. Science agrees! Reading can stimulate mental processes, enhance imagination, and provide a sense of **calm and focus**.

#10. Top 3 Priority Goals

Listing three priority goals **every morning** provides a clear focus for the day, fostering a sense of purpose and direction that significantly **boosts positivity and motivation**. This practice encourages prioritization, enabling you to tackle important tasks first, which enhances your sense of accomplishment and fuels a more positive and **productive mindset** throughout the day.



#11. Consistency is Key

The journey of personal growth and accountability stands as a beacon of progress. Scientific research underscores the pivotal role accountability plays in **habit formation**. When we share our goals and daily routines with someone we trust or even keep a personal log, we significantly **increase** our chances of **success**. This external or internal accountability acts as a mirror reflecting our commitment and the steps we need to take to realize our aspirations.

Let's Get Started & Enjoy the Journey!

Thank you for reading this guide. Now it's time to begin implementing what you just learned. A morning routine has completely changed my life and I want it to change yours too.

Let me know if you read and enjoyed this by **following me here** and leaving a comment or message. I want to support your positive journey. And, I want you to begin this journey from a place of self-improvement, **self-love**, and empowerment. Following this guide will change your life. **I want you to print it, use it every day, and look forward to the positivity.**



21 Morning Happiness Habits

A morning routine is pivotal in keeping your mood elevated throughout the day. Here are some morning happiness habits to help you wake up in a good mood, keep the happy vibes flowing, and have an amazing day. Use our Rise & Shine! Routine or create your own using these habits.

- prayer
- gratitude
- journaling
- 30 minutes of no tech
- watching the sunrise
- mindful tea or coffee
- making your bed
- exercise
- visualization
- meditation
- reading



FOCUS ON
your good
HABITS

- going for a walk
- drinking water
- cold shower
- vitamins and/or meds
- sunbathing
- send a "good morning" text
- learning something new
- dance or sing to music
- listening to a podcast
- eating a nutritious meal



Rise & Shine On!

Routine

- Wake up with gratitude!

- Drink a glass of water.

- Stretch and 45 minutes of exercise.

- Make your bed, shower, dress.

- Repeat affirmations in the mirror.

- Eat a whole foods breakfast.

- Read for 10 minutes

- List 3 priority goals for the day.

**Every morning is a fresh start,
wake up with a thankful heart.**





Rise & Shine On!

Routine

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Every morning is a fresh start,
wake up with a thankful heart.





Rise & Shine On!

Routine

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Every morning is a fresh start,
wake up with a thankful heart.





Rise & Shine On!

Routine

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Every morning is a fresh start,
wake up with a thankful heart.





Rise & Shine On!

Routine

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Every morning is a fresh start,
wake up with a thankful heart.





Rise & Shine On!

Routine

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Every morning is a fresh start,
wake up with a thankful heart.





Rise & Shine On!

Routine

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Every morning is a fresh start,
wake up with a thankful heart.





Rise & Shine On!

Routine

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Every morning is a fresh start,
wake up with a thankful heart.





Rise & Shine On!

Routine

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Every morning is a fresh start,
wake up with a thankful heart.





Rise & Shine On!

Routine

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Every morning is a fresh start,
wake up with a thankful heart.





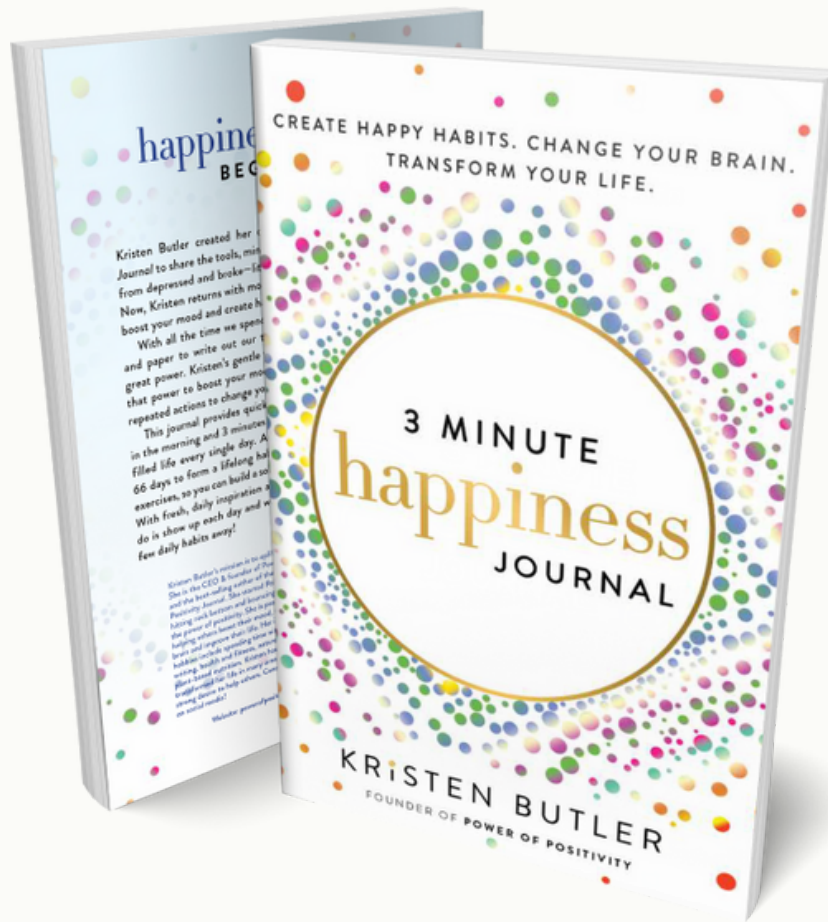
Rise & Shine On!

Routine

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Every morning is a fresh start,
wake up with a thankful heart.





3 Minute **Happiness** Journal

**Create Happy Habits.
Change Your Brain. Transform Your Life.**

LEARN MORE >>>

As seen in the 2024 GRAMMY® Gift Bag

www.happinessjournal.com



THE **POSITIVITY** COURSE

**Let go of the negative.
Pick up the positive.**

LEARN MORE >>

It's time to invest in you!

www.positivitycourse.com