

HOW TO WAKE UP EARLY

There's something magical about waking up before the world does...



Five Second Method: When your alarm goes off, count 5-4-3-2-1 and get up immediately. It stops your brain from making excuse. You move before you have time to talk yourself out of it.

Make Mornings Exciting: Have something to look forward to like making your favourite yoghurt bowl or a coffee, a playlist or a few minutes of journaling.

Sunlight: Before you check your phone, open your windows. Let the sunlight pour in and breathe energy onto your morning.

Move Your Body Gently: Stretch, walk, dance – just move. Early morning movement that makes you feel alive, not rushed.



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Persistence over perfection.

Go To Bed Like You Mean It: Early wakeups start the night before. Create a soft nighttime routine – skincare, candles, a good book and let your body fall into real rest.

Keep Water By Your Bed: Take a few sips the moment you wake up. It's such a simple act, but it tells your body: we're awake and we can start.

Start Your Day Offline: No notifications, no news, no noise. Let your first moments be for you, not the world.

Talk Kindly To Yourself: Look in the mirror and say "I'm proud of you." "Everything I need is already within me." "I deserve the life that I dream of." "I'm exactly where I need to be." Mel Robbins suggests giving yourself a high five in the mirror. It's a way to show yourself love and support. Reminding you that you've got this. No matter what the day holds.

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