

HOW TO START EACH DAY FEELING POSITIVE AND READY TO TAKE ACTION ?





Do you really wake up on the wrong side of the bed or do you just have a bad morning routine? The first few things we do when we wake can determine how we approach the rest of our day. If you find yourself starting each day tired and uninspired then you need to do something differently. This article gives you the best tips on how to begin your day for super productive days.

How to start each day positively and energized

Be grateful

It's easy to get our emotions twisted into knots when we feel like we aren't getting the things we need. However, rather than spend your waking thoughts on losses, wants and disappointments try being grateful. Various [researchers](#) have suggested that gratitude makes you happier.

Being grateful helps you focus on life's positives and better prepares you to take on the day. To practice gratitude, you can get a dedicated gratitude journal and write down a few things you are grateful for each morning. Or you can speak out loud to yourself, stating the things you are grateful for.

Don't touch your phone too soon

Understandably, you cannot avoid your phone all day long. But getting bombarded with notifications before you get out of bed is not a great way to start your day. Phones can be very distracting and addictive. Once you get on them you may while away the time meant for other relaxing morning rituals. Besides, social media is full of things that could ruin your mood before you even begin your day.



A [study](#) revealed that limiting social media use can improve your well-being. Rather than jumping on emails or scrolling through social media first thing in the morning, give yourself an hour or two of tranquility. Where you engage in other positive activities that will energize you to face the day.

Have breakfast

Usually, we are in too much of a hurry to have breakfast. But is there really no time or you have just not been making time to eat the "most important meal of the day"?

This [study](#) on students showed that eating quality breakfast reduced depression and stress levels.

Create time to make and eat breakfast before dashing off to face your day. Having your breakfast provides you with physical energy. Also, you wouldn't have to worry about hunger making you cranky before lunch hour. If you take hunger out of the way, deep work will be so much easier.

Listen to inspiring music or podcast

Set the tone of your day with groovy music or your favorite podcast. Music or an inspiring podcast can relieve your anxiety about the day ahead. It can also get you amped to get started with the day's activities.

Make sure that whatever you are listening to is uplifting and inspiring. But sometimes even [sad music](#) can be comforting. Try not to start your day with the news because the stories of crisis could make you feel powerless.



Plan your day

One sure thing that will give you the feeling of being in control of the day ahead is planning for it. Don't just stumble into your activities for the day, you might feel powerless and get nothing done all day. Write down your plans, create a to-do or use sticky notes, whatever works for you but have a plan.

One of the first things you should do each morning is consult your planner book or to-do list. If you did not plan the night before, take your time to draw one out before you get busy for the day. Planning should be the first order of the day and if you get it right, you will feel empowered from completing the first task of the day.

Get rid of negative thoughts

Negative thoughts can sneak into your mind now and then. If you let those thoughts stay too long in your mind, you may not be able to face the day enthusiastically. So, if you wake up with negative thoughts for any reason, get rid of them immediately.

There are quite a few strategies to deal with negative thoughts. You can talk back at negative thoughts or replace them with positive ones.

Get enough sleep

A good night's sleep is a basic requirement for a great morning. The challenge most people face at the start of their day is waking up late or with inadequate sleep. Sleep is essential for our physical and mental wellbeing. Without



enough sleep, you are prone to being irritable, fatigued and sick.

Experts recommend at least 6 to 8 hours of sleep for an adult. If you are getting less than the recommended hours of sleep, starting your day right might be challenging. Good sleep rejuvenates you and

Do some exercise

The thought of stretching their freshly rested bodies is scary to some people. But exercise is such a great way to get your muscles and mind warmed up for the day ahead. And it doesn't have to be an extreme workout. [Research](#) shows that moderate exercise is great for your mental health.

Apart from brisk walking, other [moderate exercises](#) include mowing your lawn, heavy cleaning like vacuuming or mopping. You can also ride a bicycle or go for a short run.

Clean up your room

Yes, we know most people are in such a hurry to get to work. They just manage to squeeze in a shower and breakfast before dashing off to work. But leaving your room in a mess can affect how good you feel about yourself. And if you feel terrible about yourself, you may also feel terrible about your tasks for the day.

Conclusion

You will most likely run around all day trying to satisfy your employers, colleagues, clients or customers. So, you should make your morning yours. Start your day the right way and see how productive you get.

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