

How to Improve Your Morning Routine

15 SIMPLE IDEAS

1. Start planning the night before
2. Take care of tedious tasks the night before
3. Do the most important things first
4. Go to bed on time
5. Get up before your family
6. Do not keep your phone by your bed
7. Resist temptation to use your phone when you first wake up
8. Use a prayer calendar
9. Read a Psalm and a Proverb
10. Read one chapter in the Bible a day
11. Journal for 15 minutes
12. Write a short schedule for the day and pray over each item
13. Exercise
14. Read a book
15. Meditate or sit and think