**The Perfect Morning Routine**

One of the best ways to learn how to become more accomplished is to look at the people in life who have accomplished the most and to try and emulate them. What are the secrets to their success?

Usually you’ll find that there are *many* answers to this question and many things you can learn. But one of the most consistent things you’ll find is that the successful individual has a morning routine.

This is what you will do first thing in the day when you wake up. It’s the perfect time to focus on yourself before life gets in the way and it’s the perfect way to ensure your day gets off to the right start. So, what does the ideal morning routine look like? Here are some ideas to start you off…

**Exercise**

Working out first thing in the morning will help to get the blood circulating and will release hormones that wakes you up. If you train before breakfast, you’ll burn more calories by training in a ‘fasted state’.

**Meditation**

Another thing you’ll find that *many* very successful people do is to start their day with meditation. Meditation is a fantastic tool for combating stress and helping yourself to cope better with the challenges that life faces you with. What’s more, is that meditation can help to boost your concentration and create more grey matter to improve your reasoning skills and working memory!

**Gratitude**

Gratitude exercises are very valuable for being happier and more effective. The problem is that many driven people forget to stop and take stock of what they’ve already accomplished or how good their lives are already. Instead, they only ever think about the things they have *yet* to accomplish and what they want next.

Spend five minutes in the morning then and write down three things that you are thankful for. These can be big things or small things. But simply by focussing on them, you will feel more content and happier and your work will be more fruitful.

**To-Do List**

Starting the day with a to-do list is an excellent way to enhance your productivity. It’s also a very good way to avoid feeling overwhelmed by the volume of things you need to do. Make a list of all the things that you absolutely must prioritize and then the things you’ll do if you can. Split your day into segments and then just work through each job one at a time!