



MAY: MORNING HACKS

#morninghacks

M	Tu	W	Th	Fr	Sa/Su
				1  Put your alarm clock out of reach to quit snoozing	2
			Good morning!		3
4 Meditate (try 5 minutes!)	5 Choose your outfit the night before Be productive!	6 Make email wait 	7 Pick a priority for the day	8 Stretch 	9 I own you, snooze button!
11 Turn up the music to wake you up 	12 Drink water to fire up your metabolism	13 Program the coffee maker in advance	14 Smile and get those endorphins going 	15 Sleep in your workout gear	16 Go ahead and sleep in! 
18 Go for a walk and soak up the sun	19 Drink coffee (between 9:30-11:00 a.m.) 	20 Make your bed	21 Leave earlier for a stress-free commute	22 Keep breakfast simple, portable, and balanced	23 Happy weekend! 
25  Write down your thoughts for 10 minutes	26 Put your keys, wallet, and phone in the same place	27 Splash water on your face first thing	28 Get your sweat on to boost energy levels 	29 Start today with a positive affirmation You rock!	30 #greatist
					31

NOTES
