

MAY: MORNING HACKS

#morninghacks

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