**How To Master Mornings To Unlock Your Full Potential**

Ah, the morning. For some people, the morning is the best part of the day. For most people, though, mornings aren’t just the worst part of the day, they’re downright dreaded.

Have no fear, though, mornings do not always have to be a terrible part of your day. In fact, you can use the morning to unlock more potential than you ever thought you had.

You’ve probably heard the phrase “breakfast is the most important meal of the day.” That sentiment applies to a lot more than eggs and orange juice. By changing some of your habits, you can make each morning a great start.

Here’s how to master mornings to unlock your full potential

Step 1: Have a routine.

Habits are important, especially when they can set the course of the rest of your day. Whatever you do in the morning, make sure it’s consistent.

Whether it’s having a glass of water before you get out of bed, or opening your blinds to let the morning sunshine in, you should have a morning routine and you should stick to it.

These are some of the best things to include in your morning routine:

* Drinking a glass of water: hydration is key to kicking off your day. By just drinking 8 ounces of water can improve your mood, boost your energy, and make sure the rest of your day is upward bound
* Open your blinds: Let the sunshine in! Or listen to the rain against your window. Either way, connecting to the outside world is one of the best ways to start your day.
* Talk to someone or cuddle your pets: people are social. Just because you’re tired doesn’t mean you should be alone. If you have a pet to snuggle, you’ll get some wonderful morning affection.

Step 2: Make Your Bed

I know, I know. No one likes being told to make their bed. But the good news about being grown up is that no one is telling you what to do in the morning. But, countless studies have shown that making your bed results in greater discipline, better move, and increased productivity.

Plus, think of your future self. Coming home to a nice, neat bed will help you switch into relaxation mode. No more work, only decorative throw pillows.

Step 3: Work Out or Go Outside

You don’t have to be that guy at the gym at 5 in the morning, or go running before it’s light out.

Just step outside for a breath of fresh air! There’s nothing like hearing the birds chirp, so go ahead, listen to the song of nature.

If you do feel up to it, working out in the morning is one of the best times to work out. If you work out early, you’ll have more energy later in the day, and sleep better. It’s a win-win.

Step 4: Eat Breakfast!

Yup. Here it is. The one step you’ve all been waiting for. Food is fuel, and you need to fuel up for a great day. Start your day off with a balanced meal, and reap the benefits.

These are some of the best things to include in your breakfast:

* Whole grains
* Fruit
* One leafy green
* Protein

Step 5: Write Down Your Goals

Your day is in your hands now. Make sure you know what you’re doing with it.

Journaling can be as simple as writing down that you need to get groceries. It can also be as complex as a 12 step program for getting that big promotion.

Either way, set your intentions.

Mornings don’t have to be miserable. Use these steps to master mornings and unlock your full potential.