

Find your morning incentive

If you are struggling to find motivation and are less than excited about making these changes, consider finding your morning incentive. Whether you have a strict morning routine or a flexible non-routine, include a few minutes of an incentive to help you get up and start your day. What refreshes you? What can be done in five minutes?

If I sleep in, if my children are up earlier than usual, or something else doesn't go as planned, I still look for one quick morning ritual to reset the tone of my morning. Regardless of anything else going on in the morning, I try to steal away at least a few minutes quietly sipping my coffee.

Find out what your morning incentive is and give yourself the gift of a few minutes starting your day off with it! If your morning has been derailed, and not one item is checked off your to-do list, move on. But do try and give yourself a few minutes.

Morning Incentive Ideas

- Coffee
- Tea
- Hot lemon water
- A special breakfast
- Natural light - open the curtains
- A walk around the block
- Devotion and prayer
- Yoga session or morning stretch
- Journaling
- Conversation with your spouse
- 5 minutes on your porch - fresh air!
- 10 minute cardio session - a great energy boost!

List your morning incentives