

Pick your time frame and commit!

The next step is to commit to your new morning routine and set the number of days you are going to do it. I suggest three weeks or one month. Decide on a specific period and get up every morning during that period at your set time.

Does this sound too simplistic? The key is committing for a set period of days or weeks and forcing yourself to just get out of bed on time until it is over.

I actually find it much easier to give this a try when knowing that it only has to be done for an allotted amount of time. If you wake up an hour earlier for three weeks and hate it, maybe it's not for you; or maybe it's not the right time to make an early waking habit! It's possible that will happen, but my guess is that if you commit for three weeks and do it every day, you will come out of it with a new habit you love.

The goal is to create new habits that make your new routine flow without even thinking about it.

How do you make this happen? Accountability!

I will commit to my new morning routine for this long:

The dates of my commitment: