

## Tips & Tricks

- One of the keys to waking up easier is to have a reasonable and consistent bedtime.
- Have tech-free time 30 minutes – one hour before going to bed.
- Prepare for tomorrow.
- Create a short to-do list or schedule of your first hour of the day. Be specific. Be realistic.
- Start an evening routine.
- Find an accountability partner or program. ([Don't forget to sign up here!](#))
- Set and follow a consistent wake time.
- Do NOT hit the snooze button. Once you get in the habit of skipping it, you will feel much better!
- Get some natural light shortly after waking.
- Make your bed every morning.
- Start your day with a glass of water and a healthy breakfast
- Avoid social media in the morning if you want to stay focused on other things
- Consider tackling your hardest task first thing in the morning.
- Use #resetyourmornings to share your successes!