

25 good habits to start a new day full of energy

Follow some of these helpful habits in order to bring the best to yourself!

The phrase " *morning* " can cause a bit of conflict about the time to wake us up to start a long, energetic and energetic day. The important thing to have a great day is to approach a detailed plan: know what you want to do and all that you can bring in the day. Here are **25 good habits that** start a new day full of energy. Follow some of these helpful habits in order to bring the best to yourself!



1. Getting up early will help you do more than sleep.
2. Don't drink too much alcohol the night before.
3. Take a moment to decide which outfit you will wear during the day. Although it is known that " *Good wood is better than paint* ", but before the wood is in its best condition, the paint must be good.



4. Take a hot bath under the shower.
5. Make beauty every day.
6. Exercise when you wake up! Make sure the muscles are stretched, then do an exercise before going to the office to start working.
7. Plan and list what to do during the day.
8. Listen to your favorite songs to boost your spirits.



9. Read books or watch something to inspire.
10. The important thing that everyone should try to do is eat a nutritious breakfast. It may be lazy or because other external factors make us more likely to eat only in the morning.
11. Start the working day with the hardest work in the list. Because everything will be softer after you complete the hardest work.



12. Train your brain with intellectual games such as crossword puzzles or sudoku for brain activation.
13. Should only eat moderately at night so that the next morning do not feel bloated and body lethargy.
14. Don't press the alarm delay button every morning.
15. When getting up, get out of bed as quickly as possible.
16. Make the plan 5 minutes ahead of time to prevent uncertainty, because there may be something interrupting or breaking your morning routine.



17. Meditating. While meditating, calmly think about the goal and how you want to start the day.
18. If possible, replace coffee with herbal tea or avoid caffeine. However, if you are a person who cannot live without coffee, drink a cup of coffee about an hour after waking up.
19. Check voicemail and email so that you can plan it correctly.

20. Keep up with the news of the day so you don't have to worry about missing something. Tip: read the headlines - encourage reading mainstream newspapers, paper instead of tabloids.

21. Provide adequate body water. Drinking a cup or two of water will help your body get ready for a long, dynamic day.



22. Smile often.

23. Try to make the whole week routine. Don't let things go too far, especially on weekends - as this will make your Monday much more difficult.

24. It is okay to take your puppy for a walk or a cat, if you have a pet.

25. Go out and cherish every moment with your lover, friends and family.

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