

How to have a productive morning?

The morning is often the time to make a series of bad decisions that can damage your career. So how to have a productive morning?

1. The secret to getting things done when you're not interested in yourself
2. Top 10 indispensable apps that help you stay focused
3. 10 signs that you are overloaded at work and need to rest immediately

The morning is often the time to make a series of bad decisions that can damage your career?

Turn off the alarm clock bell. Lie on the back of Facebook or Instagram surfers. Urgent preparation for work. Spend the first few hours of the day answering emails. Before you know everything, it's already noon and you're not sure what you've accomplished.



Even when you're not a good morning user, here are a few tips from experts to help you **work more efficiently during the morning** - a state of peak productivity. natural way. Please refer to the article below!

1. Avoid checking email at 9am to 11am

Practicing discipline with your email, you will easily focus and work more productive. While some people believe that getting an email outside the specified time is the first thing that helps them focus during the rest of the day. Besides, having your phone with you in bed can lead to immediate stress and distraction.



When waking up and sinking directly into email or Facebook, it is more likely that you will lose focus and your morning will not meet your wishes, as well as the needs of others. When you think about it that way, you'll easily see precious awakening moments like " *my time* ".

Expand that willpower when you work, especially during the two-hour period in which you have the highest productivity. A neuroscience study conducted by the University of Michigan found that **the adult brain is best concentrated between 9 am and 11 am** . That's when moderate levels of hormone hydrogen cortisol work effectively.

If you are checking email constantly during business hours, your brain cannot focus on when it works best. So if you want to maximize your productivity every day, **avoid checking emails from 9 am to 11 am** .

1. 7 things to eliminate from life to increase productivity

2. Do what you love

Adam Toren , co-founder of Young Entrepreneur, suggested: " *Whether you want to jog in the early morning or read the newspaper at breakfast, start a new day with something you love* ".



*' If you have something to look forward to, there's a good chance you'll want to get out of bed. Certainly not every day is as interesting as Christmas morning, but if you change to make a morning including what you really love, the chances of you going to sleep more will be reduced by three times. . The key is to find a strong sense of purpose ', said Dr. **Partha Nandi** , founder and lead international health lifestyle television program " Ask Dr. Nandi - Ask Dr. Nandi ' to provide .*

Nandi wrote in *Today.com* : " *Anyone can start the day with a sense of purpose and excitement. All you have to do is give your morning every goal. "* .

1. 9 mistakes should be avoided to start an effective working day

3. Prepare the night before

If you are simply not the one who takes advantage of the morning, **create some habits that are not your morning routine** by doing it the night before. For example, grind coffee beans and set up a coffee maker the night before. Perhaps you will feel like you are an elementary school student, but prepare the clothes you want to wear the night before.



When you're almost no longer in a hurry - and even if you're still sleepy - preparing something the night before will reduce your chances of leaving the house the next morning with a black shoe and a blue shoe. How to start the morning can help you succeed or make you fail during the day, so find ways to **make positive changes to your morning routine** .

1. Just spend 20 minutes every morning, you will have a super productive day!

4. Plan immediately



Before you get *sucked* into emails and meetings, spend the first few minutes on a strategic planning day. **Ron Friedman** , a psychologist and author of " *The Best Place to Work - The Art and Science of Creating an Extraordinary Workplace* " (roughly translated: " *The best place to work - Arts and Sciences about work creating a special workplace* "), told *Harvard Business Review* : " *We have a three-hour period in the morning to work really well* . " So starting with a brief planning session is a way to ensure you don't waste the most effective time of the day.

Prepare from the night before, force you out of bed to do what you love. Take a few minutes to plan your day and you'll see much higher productivity.

See also: 4 effective ways to help you waste your time every day

Having fun!

You finished reading the article "**How to have a productive morning?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.
