

# 7 TIPS TO WAKE UP EARLY

## 1 GET 7-8 HOURS OF QUALITY SLEEP

Sleep is not only the foundation of your health, if you're not rested, waking up will be near impossible.

## 2 SET OUT EVERYTHING THE NIGHT BEFORE

Set out workout clothes, write a to-do list, put your bag together.

## 3 VISUALIZE THE MORNING YOU WANT

Imagine waking up energized for the day and popping straight out of bed.

## 4 OPTIMIZE YOUR ALARMS

Get a new alarm and put it across the room.

## 5 SMILE FIRST THING

Fake it til you make it, baby!

## 6 HEAD STRAIGHT TO THE BATHROOM

Develop the muscle memory so the the minute you turn off the alarm, you head straight to the bathroom instead of back to bed!

## 7 DRINK A GLASS OF H<sub>2</sub>O & BRUSH TEETH

This will wake up your body and get you going for the day.

# Why I Wake Early

**Rachel S Tattersall**



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