# Mastering Your Morning: How to Start Your Day off Right to Usher in Success

Many successful people will tell you outright that the key to their success is in building a solid morning routine. With a good morning routine, anything is possible! We can all relate to those days where you wake up and everything just falls into place. We have had enough sleep, we eat a good breakfast, and we get a nice dose of fresh air and enough exercise to really get our blood moving. Those types of mornings set us up to have successful, pleasant days, and if you want to be a successful person, then starting every day off with the right attitude can make all the difference in the world.

There is actually science behind the reason why a good morning routine can provide us with the keys we need to having a successful day and achieving our goals. When we provide ourselves with structure at the beginning of our day, we are priming ourselves to have the discipline we need for the rest of the day and follow suit. It takes our ego out of the day and allows us to focus on the things that truly matter to us without any emotional baggage weighing us down.

The best key to a good morning routine begins the night before. Make sure that you are going to bed at a reasonable hour and getting the sleep that you need so your body and mind can stay alert and focused the next day. There is nothing better than waking up and feeling refreshed from a good night’s sleep. This may physiologically get more difficult as we age, but we can still do whatever we can to rest and nourish our bodies.

The next thing you can do is to make sure that you are eating well in the morning. All of us have a different biological makeup, so choose the meal that seems to work the best for you. Some people thrive on high-sugar meals while others prefer light breakfasts of fruit. Others still may prefer to have a protein-rich breakfast that will prime them for the rest of the day. Do whatever feels right to you. We are all different. Make sure that you have at least one full glass of water upon waking, as sleeping can leave us dehydrated. When we aren’t well-hydrated, our focus and concentration suffer tremendously.

Once you are nourished, set aside some time for light stretching or exercise. This can often be the best time to work in this type of activity, as the day can easily become very active. Exercise is another practical way to help your mind stay on track, as it allows the blood to move through the body and to the brain, improving concentration and encouraging creativity.

Some of the most successful people in the world swear by their morning rituals. You, too, can enjoy a positive mental outlook throughout the day and the focus you need to achieve your dreams. The first step you need to take to mastering your destiny is simply waking up!