

How To Wake Up Early ?



(Swipe Left)

1. Have A Strong "Why"

If you don't come up with a good way to spend your mornings, they will automatically be allocated for sleeping in. Changing this habit is hard, and if you want to endure the difficulty, you will need a good reason for it. Be really clear about what you want to get out of the extra morning time.

2. Plan Your Mornings with Excruciating Detail.

The more specific you are with your morning routine, the easier it's going to be to execute it. I'm talking about the really small details. Where do you put your alarm? Do you get dressed before going to the bathroom? Do you shave first or brush your teeth first? Do you take a shower in the morning or in the evening?

3. Don't make drastic changes.

Start slowly, by waking just 15-30 minutes earlier than usual. Get used to this for a few days. Then cut back another 15 minutes. Do this gradually until you get to your goal time.

4. Put your alarm clock far from your bed.

If it's right next to your bed, you'll shut it off or hit snooze. Never hit snooze. If it's far from your bed, you have to get up out of bed to shut it off. By then, you're up. Now you just have to stay up.

5. Make waking up early a reward.

Yes, it might seem at first that you're forcing yourself to do something hard, but if you make it pleasurable, soon you will look forward to waking up early. Find something that's pleasurable for you, and allow yourself to do it as part of your morning routine.

6. Take a cold shower.

One tip that can help you wake up is to give yourself a blast of cold water for 30 seconds, switching to extremely hot for another 30 before going back to cold. Some people even forego the hot water completely and do a cold shower instead. Either way, if you inject cold into the shower routine, you're going to wake yourself up very effectively.

7. Challenge yourself for 21 days

waking up early for 1 or 2 days is easy...
Being consistent about it and turning this into a habit is much harder.

The brain gets used to a new habit within 21 days. To shift your mindset and attitude for waking up early, make a commitment for the next 3 weeks. Create a challenge that will help you build your consistency.



Double Tap
If This Post Was Helpful