



# THE BEST MORNING ROUTINE ACCORDING TO FOUR ENTREPRENEURS

If you're looking for fresh and revitalizing ways to start your day, look no further. Having a steady morning routine in place will help you be productive and make the most of your entire day. Break your unproductive morning habits and trade them in for some of the best morning routines as told by four successful entrepreneurs

## **MEDITATE**

Carving out designated time to clear your mind and center yourself is a great way to start your day to ensure it's a successful one. Nadia Boujarwah, CEO of the clothing subscription service Dia & Co., gets up and meditates every morning. It may seem like a simple step, but it's a big one that many successful entrepreneurs integrate into their morning routines.

## **EXERCISE**

Starting your day off with some form of exercise is a great way to wake up and get your day started off right. Virgin Group founder Richard Branson wakes up and starts every day with some form of exercise like tennis or cycling. Branson writes in his blog, "Exercise puts me in a great mind frame to get down to business, and also helps me to get the rest I need each night. There's nothing more satisfying than knowing I have applied myself both physically and mentally every day." Set your alarm early enough to fit in at least 30 minutes of exercise to jumpstart your days, get your blood flowing and fuel your body to be successful.

## **SET GOALS**

What are your intentions for the day? Do you have specific tasks that you must get done? Sit down and write a to-do list that lays out what your goals are for the day. Not only will this help you stay organized, but the simple act of physically writing down what you have to get done for the day will help you remember to do it. Mandeep Shahi, cofounder and managing partner of ZENMED, an award-winning health and wellness brand, recommends writing down your 3 daily top tasks before you pour your morning coffee or tea.

## **MAKE YOUR BED**

New York Times bestselling author Tim Ferriss of *The 4-Hour Work Week* has said making the bed is a morning priority for him in order to help prepare his mind for the day and get focused. In the event that nothing goes right for you during the day, at least your bed will be nicely made when you return home to hit the hay.

Getting your day started off on the right foot is the key to having a successful day. If you start your day with a set routine, you will find that it's easier to tackle your day head-on and be the best version of yourself. Remember, it's important to formulate a morning routine that works best for you, your lifestyle, schedule and family!

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