How to Create a Morning Routine

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Hi Friends,

Thanks so much for pre-ordering a copy of *Girl, Stop Apologizing*. I can’t tell you how much I appreciate your faith in my new book. Nowadays any “pre-order” campaign (the push to get people to buy a book before it hits stores) comes with special incentives. Last time around we did quote cards if you pre-ordered one or a necklace if you pre-ordered a bunch. All the gifts were cool and totally nice to have but I was struck by the idea that they were nice things to get but not necessarily a tool that would help the reader in any way. The core of my mission -- and now The Hollis Company’s mission -- is to create tools that will help you change your life for the better. So this time around, rather than give you something to print out and hang on your wall I want to give you something to start each day with strength and intention. I want to give you the tools to create an empowering morning routine-- or to tweak your current routine to make it more effective. At first I made a video because I thought if you could see how I do my own morning routine it would help you establish your own. Then I realized we needed a deeper dive. For some of you, this is the first time you’ve ever considered planning your morning and so you might need some extra guidance. I hope this worksheet will give you the steps necessary to create a personalized start to your day that works for you. Your morning routine doesn’t need to look like mine or anyone else’s -- we’re all at different ages and stages of life -- but it does need to be something that fires you up and makes you feel in control of your life as you begin each day.
Why does a morning routine matter?

Before I had kids, the morning was my own. I decided when I wanted to wake up. I decided what I wanted to do with that time. I never once opened my eyes and saw a toddler staring at me like a creepy extra from *Children of the Corn!* But then I had kids, and suddenly someone else was dictating my mornings, which I suppose would be fine if I had been one of those well-organized mothers who manage to make parenting look effortless. But our reality was often messy and chaotic and hard and frustrating. We’d survive (barely), and I would get the kids off to school. But because the morning was chaotic and frustrating, I was starting almost every workday feeling chaotic and frustrated. It was hard to shake.

It wasn’t until I started the practice of waking up an hour before my children that I understood how powerful it is to get ahead of the day. Now, I am intentionally planning my morning routine around the kind of day I want to have, because if you own the morning, then you own the day. If you own the day, then you own the week. It’s the ultimate routine you can set for yourself, and mine is made up of practices I’ve worked and reworked hundreds of times to get to the ultimate start to my days. I’m sharing it with you now to give you a head start on creating one for yourself.
Set Yourself Up for Success

I know I said this worksheet would be customizable (and it will!) but there are a handful of things I think are absolutely essential musts for everyone who wants to create a successful morning routine.

DO’S

• **DO Drink a full glass of water** - Within ten minutes of waking up I chug a big glass of water while the coffee brews and drinking a glass right away means I’ve already knocked out some of my required hydration for the day.

• **DO Make your bed** - There’s a [great video](#) on the importance of making your bed each day but the gist is this: it’s powerful to accomplish something first thing in the morning. It also creates order and sets a great example for your subconscious as you set out in the day.

• **DO Get a great night of sleep** - You must get a good night of sleep if you want to have a great morning. You choosing something that sabotages your sleep: staying up late to watch TV, reading until 2AM (guilty!) drinking caffeine late in the day when you know it will keep you up or scrolling Instagram until all hours is a sabotage. You need sleep in order to be your best self and if you truly want to attempt a morning routine then what you do the night before matters!
DON’TS

• DON’T hit the snooze button - Don’t you dare! Hitting snooze is you breaking a promise to yourself before you even open your eyes! Waking up at the first alarm is a habit you can teach yourself so don’t fall for the excuse that “you’re not a morning person”. You’re whatever kind of person you choose to be! Need some more help on how to launch yourself out of bed? [Watch Mel Robbins’ Ted Talk Here.](#)

• DON’T look at your phone - Don’t open email, don’t open social, don’t do anything on your phone that isn’t a set part of your morning routine. A great start to the day is about centering and grounding yourself and it’s hard to do that if you’re looking a someone else’s curated feed. I only use my phone in the morning for pump up music at the gym, podcasts that will help me learn something new or motivational videos that I have saved on my phone for just that reason.
Build Your Ideal Morning Routine
Choose one from each category:

- **Something for your faith**
  - Prayer, meditation, study
- **Something for your mind**
  - Reading, podcast
- **Something for your body**
  - 30 minutes of stretching, cardio, weights, movement that gets your heart rate up set to music that makes you feel uplifted and inspired
- **Set your intentions for the day**
  - Fill out your START TODAY Journal - if you don't have one, you can fill it out in a notebook (Listen to [this Rise Podcast episode](#) for all the steps!)

**What Would You Like To Accomplish?**

Describe the way you want to feel at the start of each day:
What activities would make you feel that way?

How much time will that require - Use this to set your new wakeup time:

Test and tweak - Try, try try. Your morning routine isn’t going to be perfect right away. What’s important is that you don’t give up and you continue to tweak and make changes. This is your morning routine and it’s certainly not going to look like everyone else’s. Maybe you need more time than you think, maybe you don’t like yoga first thing in the day and it’s better for you at night. I’ve been refining my routine for ages.
**Be sure to prep for success** - Preset the coffee pot, lay out your workout clothes do whatever you can the night before to ensure that you have as few obstacles as possible standing between you and your morning goals.

Choose one or two simple breakfasts that are loaded with all the nutrients you need. Meal prep a breakfast that will take all of this intention and build on it because of the way it fuels you in the moment and sets you up for maintaining your morning momentum through your day. I have a green smoothie every single day of the week.

**Morning routines are for every morning** - Yes, even weekends. If you want to see real change in your life, commit to doing your morning routine every single day. It’s not like you can be one person during the week (strong and focused and intentional) and then someone entirely different on the weekend (sleeping until 11AM and sabotaging yourself with “weekend food choices”). Show up for yourself every single day and you won’t have to motivate yourself every Monday morning. The goal is that this routine becomes a habit so ingrained you don’t even question it anymore -- it’s just as normal as brushing your teeth.
Now Create Your Morning Routine!

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Share your morning routine with us using the hashtag: #GSAxMorningRoutine