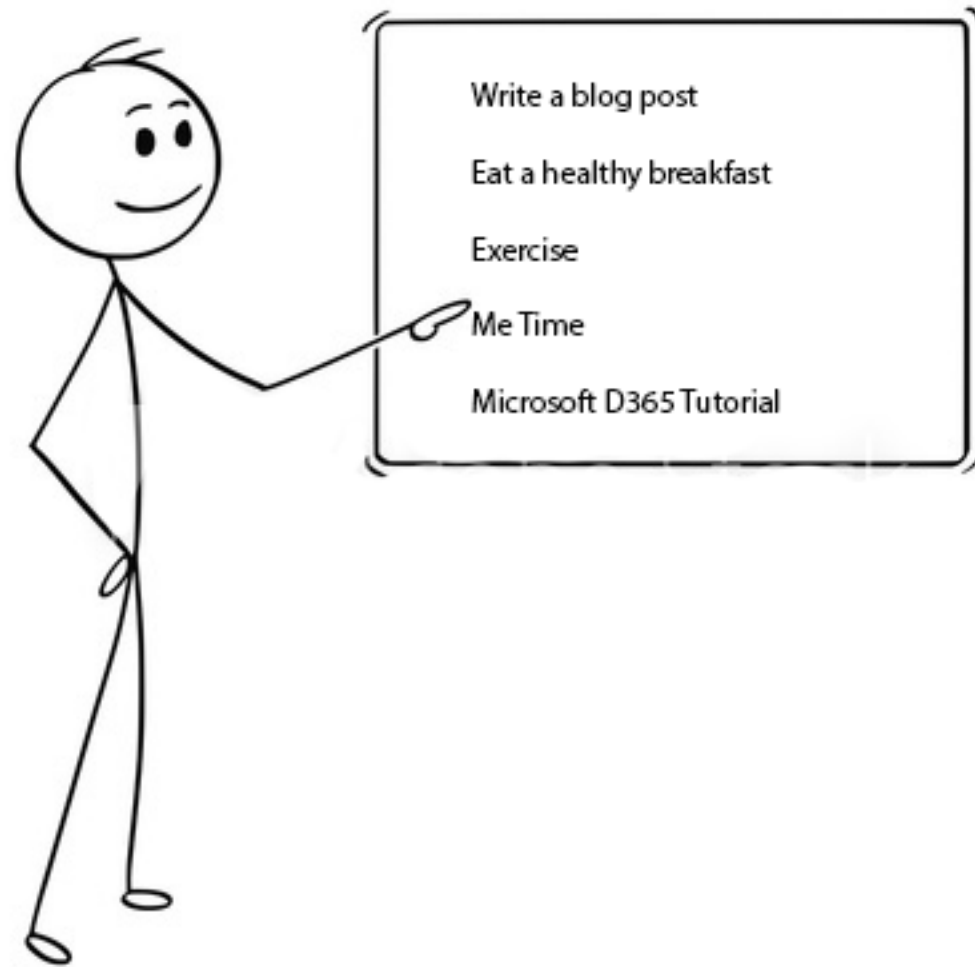


10 Steps to Waking Up Early

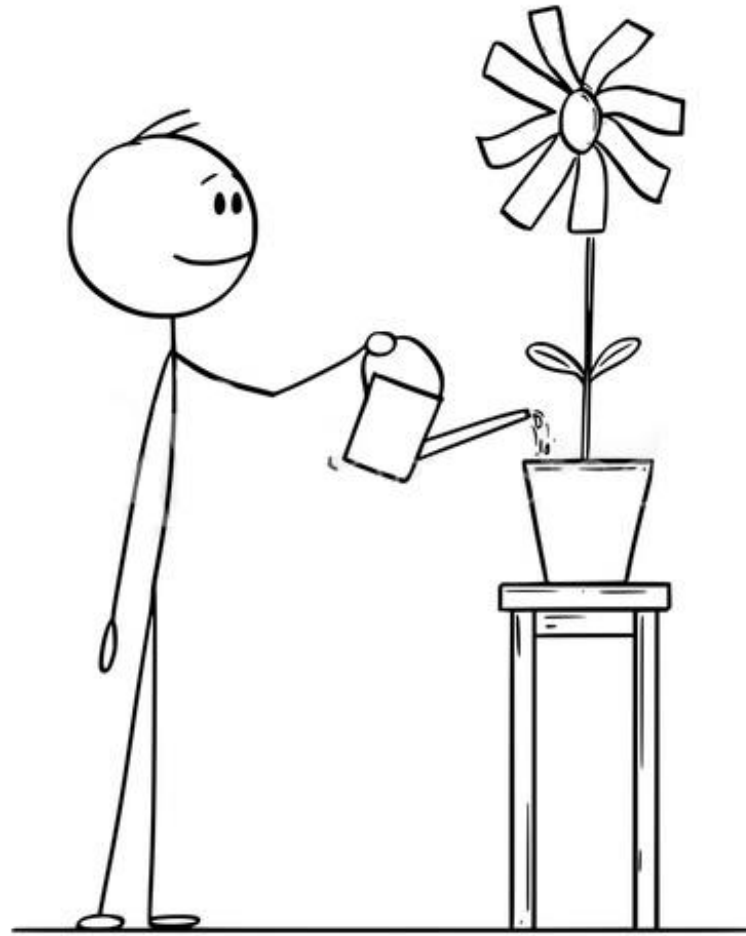
By Jeff Nichols | Microsoft Dynamics Consulting Partner @ Armanino



Step 1: Find a Reason

“If you wait until the end of the month to save what you have left, there will be nothing left over. Likewise, if you wait until the end of the day to do meaningful but not urgent things like exercise, pray, read, ponder how to advance your career or grow your organization, or truly give your family your best, it probably won’t happen, If it has to happen, then it has to happen first.”

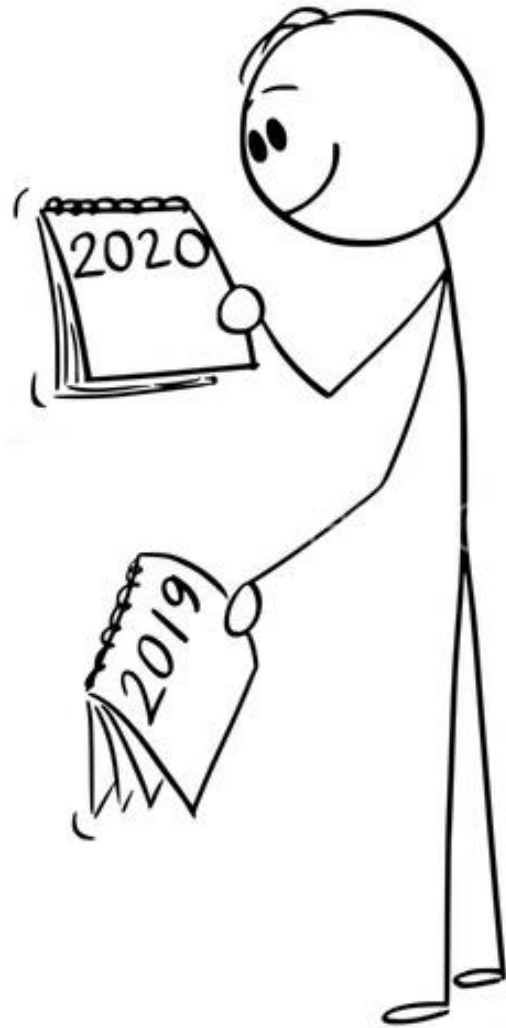
— Laura Vanderkam,



Step 2: Set Realistic Goals

“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.”

— Leo Babauta



Step 3: Track Your Progress

Jerry Seinfeld's advice on forming a new habit:

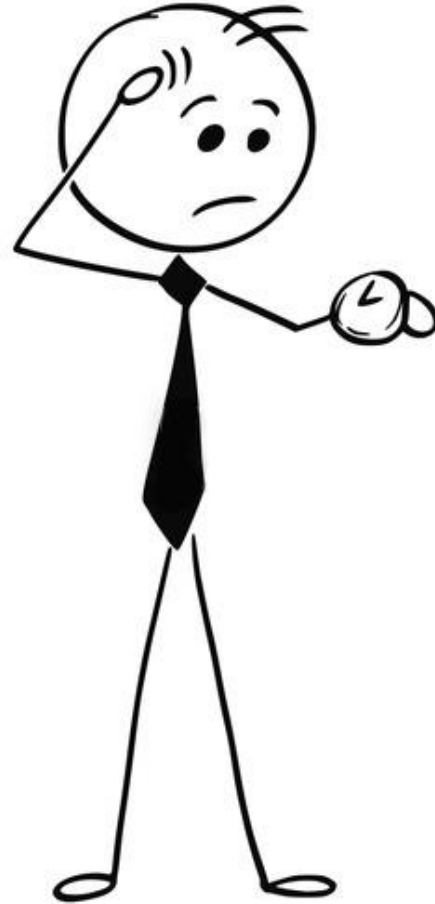
- Get a big wall calendar that has a whole year on one page
- Hang it on a prominent wall
- Get a big red magic marker
- Put a big red X over each day you wake up on time



Step 4: Reward Yourself

“Every time you wake up early, reward yourself with something that is genuinely rewarding to you. My reward for waking up early is drinking a coffee. It’s genuinely rewarding to me, which has helped me a ton in solidifying my morning wakeup ritual.”

— Chris Bailey



Step 5: Timing Matters

“The fascinating thing about our findings is that duration of sleep has nothing to do with the increased proactivity and morning alertness that we see among morning people. But while the number of hours of sleep doesn’t matter, the timing of sleep does. So you could try shifting your daily cycle by going to bed earlier.”

— Christoph Randler, Biologist



Step 6: Keep a Sleep Journal

“Within a short time of keeping a sleep journal, you'll quickly start to think about the importance that sleep can have on your life and be more diligent in doing things that promote sleep rather than deter from it. By looking at your sleep patterns and habits you may notice that you often have a few caffeinated beverages before bedtime and make the switch to chamomile tea, tart cherry juice, or almond milk, which help promote sleep.”

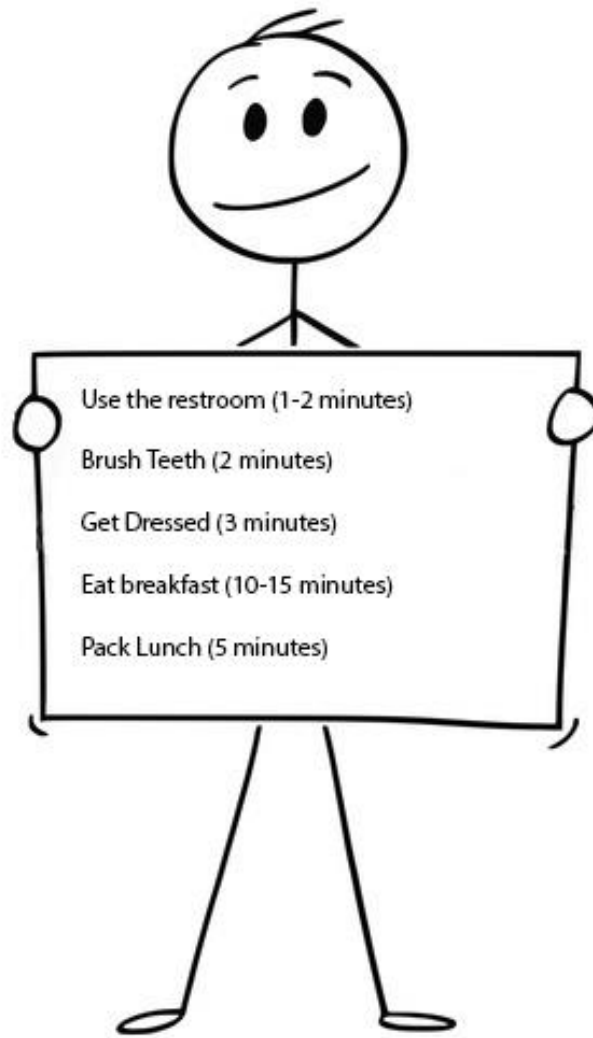
— Jennifer Hines



**Step 7: Keep it Going During
the Weekend**

“...try to limit the amount of time you spend sleeping in on the weekends, as this can throw off your body's rhythm.”

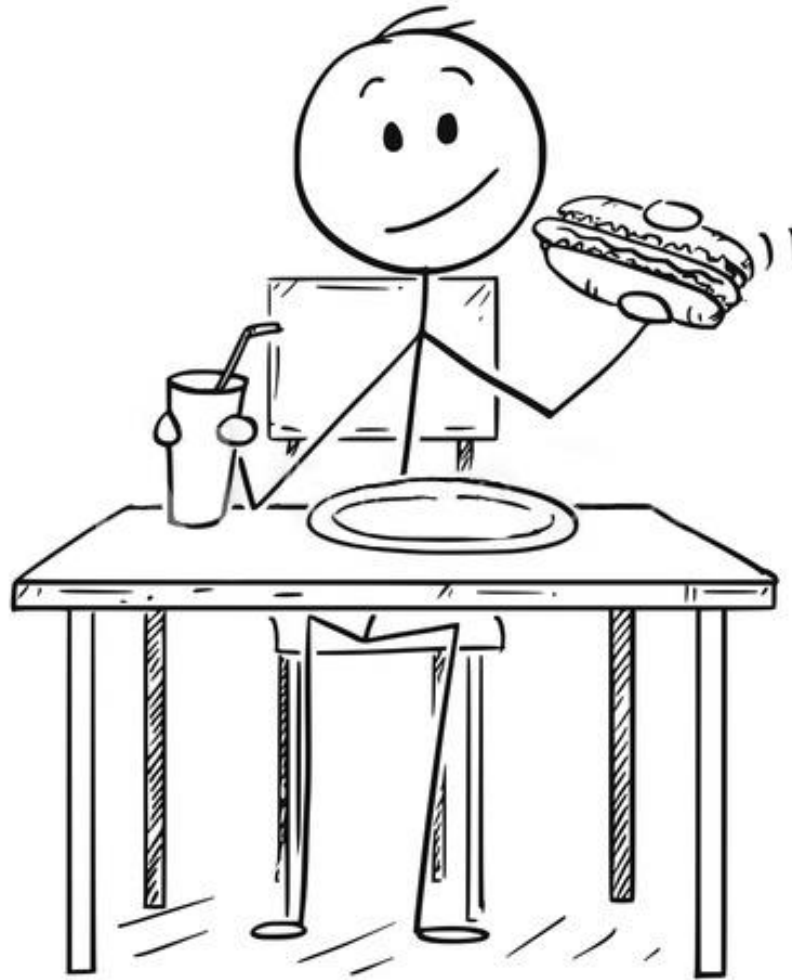
— Casey Cavanagh



Step 8: Plan Your Mornings with Excruciating Detail

“When I saw the routine written on paper I also noticed how many unnecessary trips I was making back and forth to different rooms. First, because I didn’t do it in the right order and second because I would forget something and then have to go back.

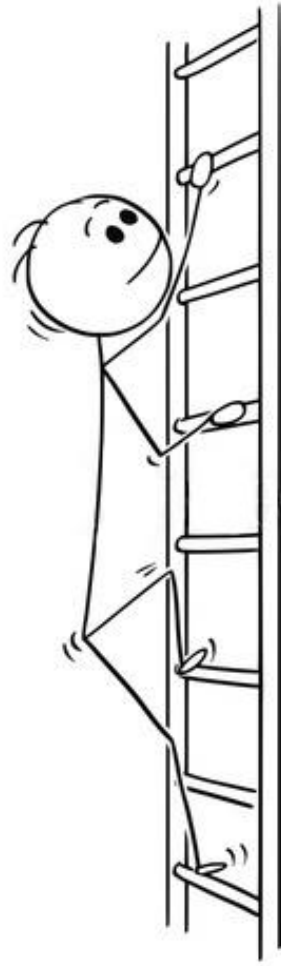
— George Halachev



Step 9: Time to Digest

“Snacking less than an hour before bed can keep you up at night, too. “Your stomach produces acid to start digestion, which means if you're lying down you're more likely to get reflux,” London says. The worst reflux-inducing culprits to avoid: anything breaded or deep-fried, processed meat, fast food, and rich desserts.”

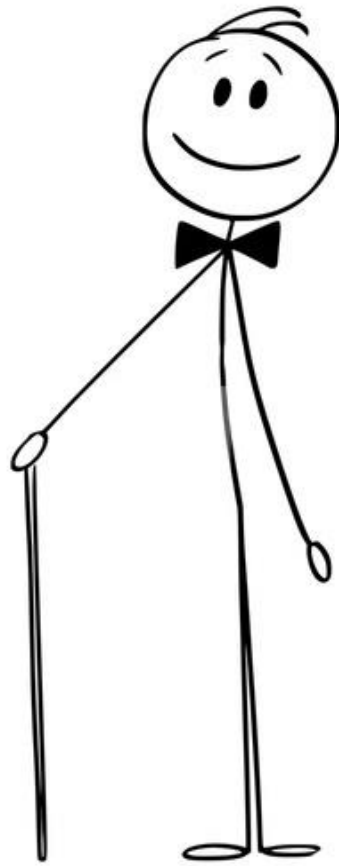
— Caroline Picard



Step 10: Be Consistent

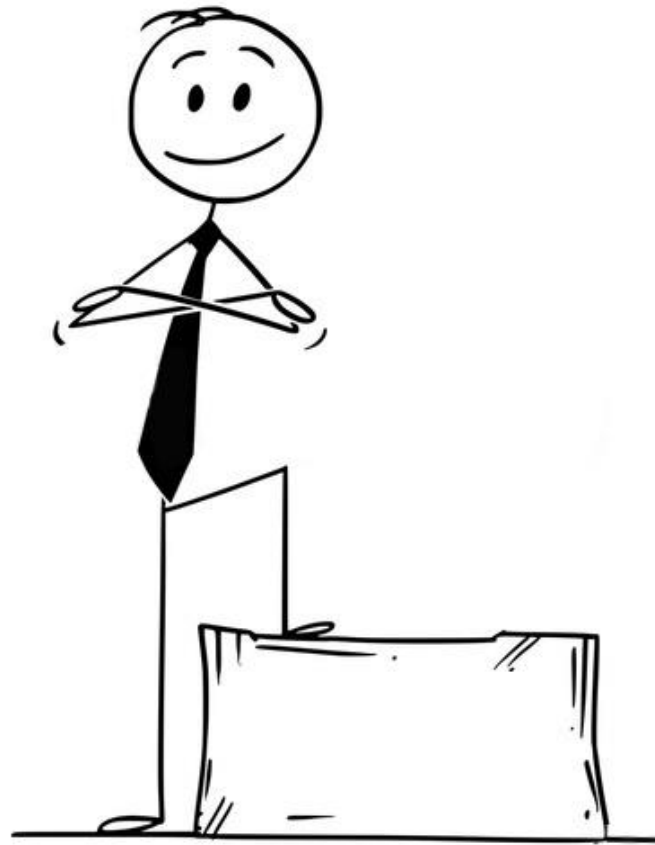
“On average, it takes more than two months before a new behavior becomes automatic -- 66 days to be exact. And how long it takes a new habit to form can vary widely depending on the behavior, the person, and the circumstances.”

— James Clear



“Early to bed, and early to rise makes a man healthy, wealthy and wise.”

- Ben Franklin



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