**Tips to Start Your Day Right**

**Get Up Right Away**

We've all heard it before -- the snooze button doesn't actually prolong your sleep in any beneficial way, because once it's been interrupted, it won't be of the same quality. Waking up early also gives you more time to get your routine started properly. Challenge: [if you must snooze, do it only once](http://www.youtube.com/watch?v=8F7-yqwIYwg).

**Look At A Bright Color**

Color theory posits that bright colors can help stimulate our brains and get us moving -- so it would only make sense to add something with a bright color to your wake-up line of sight. Just make sure it's not also in your face right before you go to bed, as this can have the opposite effect.

Challenge: introduce a new color into your wardrobe.

**Drink Water**

People are aware of the need to drink water throughout the day, but it's easy to forget that after a good night's sleep, you've just gone seven or eight hours being dehydrated as well. Drinking at least two cups of water when you wake up will not only replenish your body, but can also get the metabolism moving in the right direction. Add lemon or lime if you don't love the taste of plain water.

Challenge: Increase water intake by one glass a day- that may mean, starting to drink one glass a day ☺

**Stretch**

If you, like so many people, spend your working days sitting down at a desk, it can be incredibly important to take this opportunity to stretch out your muscles right when you wake up. Stretching will improve circulation and help with your posture for the rest of the day.

Challenge: [Check out these suggested exercises.](http://www.beverlyathleticclubblog.com/?p=624)

**Breathe**

Meditation is actually suggested by many experts who like to start the day with a clear head, but if you're less inclined toward that commitment, just a few deep breaths can also do the trick. Breathing has been shown to [lessen stress and positively impact brain and heart health](http://www.npr.org/2010/12/06/131734718/just-breathe-body-has-a-built-in-stress-reliever).

Challenge: 3 Deep breaths as soon as you get up & 3 deep breaths as you lay down in bed for the night.

**Shower**

Yes, it's probably something you were going to do anyway, but slow down and be mindful during this process. Make a conscious effort to start each day with a clean slate.

Challenge: Notice the water temperature, smell of soap, soap suds on skin etc. Focus your thoughts IN THIS MOMENT.

**Eat Breakfast**

The most important meal of the day? Well- it gets your metabolism running, and provides a foundation of fuel for your body for the rest of the day. Preferably, breakfast will include: [lean protein, whole grains, fruits or vegetables and dairy](http://www.livestrong.com/article/86868-components-breakfast/).

Challenge: Step 1: eat something; Step 2: Balance out your meal.

**Pack A Lunch**

It saves money, it helps you control what's going into your body over the course of the day -- Whether you freeze things ahead of time to defrost by noon, prepackage what you can the night before or lay out containers to remind yourself what you'd like to put in the lunch bag, toting your meal with you to work will stave off cravings and budget-unfriendly decisions. ( I prefer preparing it the night before)

Challenge: Pack a healthy, balanced lunch one day a week.

**Make A To-Do List**

Sound like a stressful way to start your day? In fact, writing out a list of the tasks you need to complete that day, and prioritizing them, can set out your activities in a way that actually makes sense. [Workers who make their to-do lists before leaving the office](http://money.usnews.com/money/careers/articles/2012/08/08/12-things-killer-employees-do-before-noon) are known to be more productive, so think of this as a similar set-up for your day.

Challenge: Have a to do list- but divide it into “must do” and need to do to minimize pressure.

**Write In A Journal**

This won't be for everyone, but the health benefits of journaling are hard to deny -- it's been found to help [solve problems more easily, increase immunity, help fix disagreements, and yes, clarify your own thoughts](http://psychcentral.com/lib/2006/the-health-benefits-of-journaling/). Taking a few minutes to write in your journal in the morning can help structure these thoughts even more, as opposed to the rush that tends to occur in the nighttime hours. Next best thing, it to journal anytime during the day before bed.

Challenge: Journal 1 time per day. On anything… just put pen to paper.

**Watch Something Inspiring**

Before you fully embark into your day, a touch of inspiration can help open up your mind for creativity, or put you in a less stressful mindset. Try out something like [a TED Talk](http://www.ted.com/talks) or read a book of quotes -- whatever works to get your juices flowing.

Challenge: Find inspiration everyday and keep track- making your own little booklet.