

Simple Morning Habits To Start Your Day Off Right

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Morning is the most important part of the day, and how we start it sets the tone for the rest of the day. The first hour or two of our morning impacts our mental health and physical state for the entire day.

Think about that: if you wake up rushed, you find yourself rushed for the rest of the day. If you wake up tired or grumpy, typically you are grumpy and tired for the whole day. "Start as you mean to go on."

Research shows that consistent morning habits regulate your circadian rhythm, improve mental clarity, and help you make better decisions throughout the day. When you prioritize your health first thing in the morning, you're building the foundation that carries you through every task

and challenge you face all day long.

Become a morning person

The early bird catches the worm! I am a bit of a hybrid; I love to stay up late for the same reasons that people like to get up early. But I also wake up every day between 5:30 and 5:45 no matter how late I stay up.

Instead of hitting the snooze button on your alarm clock once or twice, then jumping out of bed, frantically rushing around why not wake up early?

Waking up early gives you time to take things slow and get ready for the day. When you aren't rushing around, you have less stress. It gives you a little extra time for yourself and is the perfect time to write in your journal, to have a peaceful moment or two to read a chapter of a book, meditate, or whatever else you like.

That said, a good night's sleep is very important, so be sure that you are getting at least 7 hours of sleep every night – it is the first step to a successful morning routine.

Hydrate

Before you pour your morning cup of coffee, drink a large glass of water first thing. You have been sleeping for 8 hours and your body is dehydrated. Your body loses water overnight through breathing, so you wake up mildly dehydrated. Drinking water as soon as you get up restores hydration, jumpstarts your metabolism, and helps flush out toxins that accumulated while you slept.

Try to drink at least 8 to 16 ounces of water within the first 20 minutes of waking up. Room temperature or slightly warm water is easier on your digestive system than cold water. You can add a squeeze of

lemon juice for flavor and a small boost of vitamin C, but plain water works just as well. Or warm the water and add a frozen slice of lemon.

Keep a glass or bottle of water on your nightstand so that it's the first thing you reach for when you wake up, not the phone. This simple habit takes less than a minute but will make a difference in how energized you feel first thing in the morning. Many people report clearer thinking and less brain fog when they start their day with water instead of jumping straight to coffee or tea.

Make Your Bed

Making your bed sets the tone for the day; it is the first task you have accomplished and you haven't even left the bedroom. A beautifully made bed is a welcome place at the end of the day and a peaceful place to lay your head.

Years ago, I read the book *Make Your Bed: Little Things That Can Change Your Life... And Maybe the World* in which Admiral McRaven shared his thoughts on the matter.

"If you make your bed every morning, you will have accomplished the first task of the day. It will give you a small sense of pride and it will encourage you to do another task and another and another," he said. "By the end of the day, that one task completed will have turned into many tasks completed. Making your bed will also reinforce the fact that little things in life matter."

Journal

I have always kept a journal, actually two – one for my thoughts and one as a gratitude journal. In the past I wrote in them each evening before bed. But recently I started to write in the quiet of the morning and it has made a world of difference in my day.

Each morning, I write 3 things in my journal; my intentions and positive affirmations for the day, what I am grateful for and my goals.

Starting the day this way helps to prioritize your tasks, boosts your mood and puts you in a positive mindset so that you are ready to seize the day no matter what the world throws at you. Not only that – it helps you start the day with a more positive outlook.

Exercise Your Body

Physical movement in the morning doesn't have to mean an intense workout. Gentle activity increases blood flow, loosens stiff muscles, and releases endorphins that boost your mood. It also helps regulate blood sugar and supports cardiovascular health.

Choose something that feels good, that you enjoy and fits into your schedule. A 10-minute walk with or without your pup, light stretching, yoga, a short workout on your treadmill or Peloton bike or even dancing to a favorite song all count. The goal is to get your body moving in a way that energizes rather than exhausts you.

Consistency is key and matters more than intensity. Moving your body every morning, even for just five minutes, creates a habit that compounds over time. You'll notice improved flexibility, better posture, and a more positive mindset as you start your day with intention.

Exercise Your Brain

If you like to wake up slowly, instead of reaching for the phone, exercise your brain. Play Wordle, Free Rice, learn a new word (word of the day) do a crossword puzzle or something that fires up your brain and is great for personal growth and development.

Read a few chapters of your latest book or the Bible.

Keeping your mind sharp and active is something people of all ages need to do, not just seniors.

Whatever you do, stay off social media and your phone in the morning; they are a time suck and if you want to have a productive day it's best to do something more mentally stimulating.

Feed Your Body and Break Your Fast

Breakfast is the most important meal of the day! You are breaking your fast after a long night, sleep and a healthy breakfast provides the fuel your mind/body needs to function throughout the day.

A balanced meal that includes protein, healthy fats, and fiber stabilizes blood sugar, reduces cravings, and supports sustained energy. The healthy fats and fiber will fill you up and aid in digestion. Skipping breakfast, eating only refined carbs or a sugary breakfast often leads to energy crashes and poor food choices later in the day.

Try to focus on whole foods rather than processed options. Eggs, Greek yogurt, oatmeal, nuts, seeds, fruits, and vegetables all make excellent breakfast staples. Eat a meal that keeps you satisfied for at least three to four hours without feeling overly full or sluggish.

If you're not hungry first thing in the morning, that's okay too. Listen to your body and eat when you are ready, but try to have something within two hours of waking up. Preparing breakfast the night before, such as overnight oats or a smoothie, makes healthy eating easier, especially if mornings are hectic for you.

I will be honest; I don't like to eat breakfast. If I could, I would love to eat a cinnamon roll or a donut. Typically, I drink a cup of hot chocolate and have a yogurt parfait with chia seeds, a sprinkling of granola, and with flax seeds topped with blueberries and strawberries. I like to make my parfait the night before by mixing the chia seeds, flax, and granola into vanilla Greek yogurt. Then, in the morning, I top my parfait with berries. Try it, it's delicious!

There you have it, 7 daily habits to help you create a consistent morning routine. There are many other things you can do to start the day right, like setting up your workout gear the previous night, meal prep, getting rid of clutter, time blocking, writing up a list of important tasks, etc.

You do you! Find morning habits and an ideal morning routine that works for you and make it easier and enjoyable to get up and start the day.

Starting the day on a positive note and being intentional about how you do it can lead