

# 5 Benefits Of Morning Rituals

If you are not a “morning person” you may recoil in horror at the idea of waking up even earlier to include morning rituals in your busy schedule.

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# One of the best times to exercise is in the morning

## **5 Benefits Of Morning Rituals**

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# Introduction

If you are not a “morning person” you may recoil in horror at the idea of waking up even earlier to include morning rituals in your busy schedule. You do not have to wake up at 5 AM everyday to benefit from introducing morning rituals into your life.

If you drink a cup of coffee in the morning or immediately start scrolling through social media after turning off your alarm then you already have morning rituals. The idea is to optimize your morning routine for a more stress-free and productive day. Our mornings can set the tone for the rest of our day which is why many experts recommend using the morning to spend some time on you.

What is a Morning Ritual? A morning ritual is a task that you perform in the morning every day. This can range from taking a walk to making a to-do list. Your morning rituals should be tailored for what works best for you.

Benefits of Morning Rituals These benefits of morning rituals are backed by scientific studies.

## More Creative Days