

## 6 QUOTES TO INSPIRE YOUR MORNING ROUTINE



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You've probably toyed with the idea already. You've heard there are better ways to start your day and even considered how you might become more intentional in your mornings. At the same time, a morning routine can seem a challenging thing. You might not know where to begin.



If this is the case, take heart. Sometimes the best advice comes from people who have already mastered the skill you're trying to learn. In this case, let's look at what some people have to say who really know how to make the most of their day.

***"The best way to make your dreams come true is to wake up."***

Paul Valery recognized he wouldn't get anything done by lying around in bed all day. You need to wake up and get moving to make things happen. Embrace his attitude by rising with your alarm instead of hitting the snooze in the morning.

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***“Just one small positive thought in the morning can change your whole day.”***

The Dalai Lama knows a great deal about having the right mindset. To create positive energy which will follow you throughout the day, start with a positive thought from the moment you wake up.

***“An early morning walk is a blessing for the whole day.”***

Even back in the early 1800s, Henry David Thoreau knew the value of exercise as being part of your daily routine. By making something so simple as a walk part of the first part of the day, you too can reap the benefits of early morning exercise.

***“My future starts when I wake up every morning.”***

Famous Jazz Musician, Miles Davis, realized the value of a fresh and positive start to every day. You can also embrace this attitude by reminding yourself from the moment you wake up just what you’re striving for and why this is important.

***“To me, breakfast is my most important meal...  
It’s the fuel you use to hopefully do your best.”***

Former NFL quarterback Andrew Luck knew he couldn't play football if he didn't first give his body something to fight with. Neither will you get through your day if you don't stop to give yourself the right food first thing in the morning.

***“Every day, each of us sets the stage for our sentiment, confidence, and success by getting dressed. When you feel great and feel your best, it opens up a world of possibility. Feeling confident and self-assured are important inputs into good days, successful days, and happy days.”***

CEO Katrina Lake understands the importance of putting on the right clothes in the morning to set the tone for the entire day.