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How you wake up and start each morning can set the tone for your entire day. Make sure your morning routine sets you up for a focused, productive day. Follow these simple steps to establish positive habits and get your day going.

- 1. Prep the Night Before**
Set out your clothes and pack your lunch and bag the night before. Not only will it save you time, but you'll also have fewer decisions to make in the morning.
- 2. Wake Up Earlier**
Set your alarm 15 to 20 minutes earlier and give up your snooze addiction. The extra time will give you more room to breathe and prepare for the day ahead.
- 3. Hydrate**
Your body loses water while you sleep. When you wake, drink a full 8 to 16 ounces of water to help replenish your body's water supply and feel refreshed.
- 4. Take a Cold Shower**
If you can handle it, [taking a cold shower](#) can help get rid of grogginess and increase alertness. It may even improve your mood and help you combat stress.
- 5. Reflect With Gratitude**
Tony Robbins, one of the world's most successful performance coaches, spends a few minutes every morning focusing on [three things he's grateful for](#). According to his philosophy, you can't be angry or fearful when you're grateful.
- 6. Identify Your Goals**
Think about what you want to achieve each day and visualize yourself succeeding. This can help mentally prepare you for accomplishing your goals.
- 7. Create a Morning Ritual**

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appointment



Some people like to start their day with a cup of coffee and the news while others meditate, write in a journal, exercise or take their dog for a walk Whatever you do, [create a morning ritual](#) that works for you and helps set you up for the best day possible.

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