

5 SIGNS YOUR MORNING IS WRECKING YOUR DAY

*Most people think they are just not a morning person.
But the truth is, your morning might be working against you
without you even knowing it. Here are the five signs to look for.*

1

You reach for your phone before you even get up

Scrolling before your brain has fully woken up spikes your stress hormones straight away. You are starting in reaction mode before the day has even asked anything of you.

2

You feel rushed before 9am

If you are already behind before most people have had breakfast, your body is running on adrenaline. That feeling of rushing does not go away. It just follows you all day.

3

You need caffeine to feel like yourself

One coffee is fine. But if you cannot function without it, your body is relying on a stimulant to do what a good morning routine would do naturally. That is a sign, not a personality trait.

4

You feel low-level grumpy or flat for no clear reason

That background irritability before 10am is often your nervous system in a state it never got the chance to come out of. A good morning gives it that chance.

5

You cannot remember the last time a morning felt good

If mornings always feel like something to survive rather than something to ease into, that is not just bad luck. It is a pattern. And patterns can change.

Ready to make mornings work for you?

The Holistic Morning Ritual Starter Kit . 10-page PDF . £12

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