



# 5 Morning Rituals to Maximize Your Productivity

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OWN YOUR MORNING. OWN YOUR DAY.

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# Hey there productivity cohort!

So you wanna be more productive?

Well, friend, you are in the right spot! And guess what? *You are already ahead of the game because YOU SHOWED UP today!*

Soon, you will see why mornings are the *MOST important* hours of the day.

Imagine if you could get ALL of your work done before other folks had their morning coffees. Sounds pretty epic huh?

Did you know that so *many* of the most successful people of our time (and throughout history) used mornings as their secret sauce? We're talking Tim Cook, Tony Robbins, Michelle & Barack Obama, Richard Branson and even Benjamin Franklin. The list goes on...

***And YOU can be on that list too.***

Scott Adams, the creator of the famous American comic strip Dilbert, uses the first hours of his mornings for creative work because he says, he is at his best productive self in those hours.

That's what I'm talking about! Give me more of that.

So give yourself a pat on the back or a feel good high five or a self-hug (however that works) and let's get to business.

Use this habit list as a guide to find what feels right for you in your morning routine. Some of these tips are tried and true for the most successful people on the planet.

I'm excited for you to dive in and start your rituals that will change the way you start your day and guarantee a different, more productive future.

You can do it!

And I'm here to support you!

~ Meg

ONE:

## *The 5 a.m. Club*

WAKE UP AT 5 A.M. EVERYDAY.

UH OH. Did I lose you already? WAIT! Gimme a chance!

This ONE habit will revolutionize your life. I implemented it into my life and THE GAME CHANGED.

It is a challenge to get started, so my advice is to start slow by turning your alarm back 15 minutes every other day until you've made it to 5 a.m. Your body will adjust. Now, I don't even need an alarm. OH, and don't hit snooze! Get right up. Hitting snooze can signal to your body to start another sleep cycle. It puts you in a state called sleep inertia. Sleep inertia causes difficulty in performing even simple daily tasks and can take away up to 4 hours of productive work. (<https://valleysleepcenter.com>)

So much of your life changes along with this one rule. For example, if you're getting up at 5 a.m., you're probably getting to bed by at least 10 p.m. And if you're not, ask yourself, "Am I really doing anything productive after 10 p.m.?" Turn off that brain, turn off your phone and just go to sleep. Also, if you're getting up at 5 a.m., hangovers seem a lot less appealing. So you might drink less, eat better, you might have time for more meditation and exercise. The possibilities seem endless.

If you are a mama like me, this makes more sense than anything I have ever done before. There is a quiet understanding in the morning that you are accomplishing things ahead of the rest of the world. You are!

*Pro tip:* ALERT! I'm not perfect. I don't get up at 5 a.m. everyday. Sometimes, it's 5:30 a.m. And I do allow myself to "sleep in" on the weekends until 6 or 7 a.m. Just make sure the sleeping in doesn't become a habit that you can't break.

The biggest take away is that you are **awake before the rest of the world**. I promise, once you start and realize how much more you're accomplishing, you won't WANT to stop.

TWO:

## *Refresh that Beautiful Body of Yours*

### OIL PULLING / TONGUE SCRAPING / WATER

When I wake up at 5 a.m., I go straight to my desk to start writing. But, in order to feel productive, I have to feel clean. For me, that means scraping my tongue, oil pulling with coconut oil and a huge glassful of water.

When you wake up, your mouth is full of all kinds of nasty from a long night. DON'T SWALLOW that! I immediately get up and scrape my tongue and get a spoonful of coconut oil and start swishing away the uglies. You'll be amazed at how just these few things can affect your entire body.

Oil pulling is an ancient medicine from India. The benefits are incredible! My teeth are whiter, the pulling helps prevent tooth decay and my mouth feels cleaner. It takes practice to swish for 20 minutes without swallowing the oil. DON'T swallow the oil...because you're swallowing all the nasty bits too. Start with 5 minutes and build up from there.

Tongue scraping also comes from Ayurvedic medicine. It removes bacteria, bad breath and improves your taste buds. Who doesn't want that?

Lastly, after you've cleaned your mouth, take a big ole drink of agua. A FULL glass! It will improve your brain function, jump start your metabolism and so much more! Click below if you're ready to freshen up your morning game!

<https://wellnessmama.com/7866/oil-pulling/>

<https://www.healthline.com/health/dental-and-oral-health/tongue-scraping>

<https://www.lifehack.org/412483/7-surprising-benefits-of-drinking-warm-water-in-the-morning>

THREE:

## *The Brain Dump*

### WRITE MORNING PAGES

One of the courses I took in college was called “Imagination.” I know, I know...you’re jealous.

As an artist, it was obviously one of my favorites!

In it, we went through Julia Cameron’s *The Artist’s Way*. Julia insists on writing 3 pages of morning pages in a journal every morning. This theory of efficiency has since been proven over and over again.

For writers it is especially necessary. We all have junk in our brain day to day, week to week and year to year. It compiles and clouds our judgment and can affect our ability to be productive and inspired.

Writing 3 pages of stream of consciousness clears out all the cobwebs and allows you to dump all that junk. Don’t judge yourself, just start writing. It might be 3 pages of “I don’t know what to write, I don’t know what to write.” But at some point, your subconscious will poke through. Try it and be prepared for more clarity.

<https://juliacameronlive.com/>

FOUR:

## *The Meditation & Visualization Prophecy*

### MEDITATE & VISUALIZE

Yes, technically I'm giving you 2-for-1 in this step. You're welcome!  
Once you've dumped the gunk out of your brain, now it's time for clarity and focus.

Meditation is the greatest way to exercise your focus muscle. If you're new to it, start with 5 minutes. Set a timer and close your eyes. Focus on your breath. When you start to notice that you're "thinking," label it thinking and then refocus on your breath.

I'm not a guru so that's my easy advice. There's LOADS out on mediation practices. I tend to like Mindfulness Meditation the best or you can try a guided meditation until you get the hang of things.

Meditating like this in the morning sets up the entire day with clarity.

Right after I meditate, I visualize.

Visualizing is when you close your eyes and imagine yourself having already achieved your goal. It is a proven brain trick that NBA basketball players, scientists and artists all attest to. It also happens to be super fun and inspiring and leave you feeling happy. What's not to like?!

Sometimes I like to use mantras that hang around my desk. Sometimes I listen to a voice memo that I've prerecorded with the visualization of my current goal. Sometimes, I stay in the meditation and visualize quietly.

PRO TIP: I change my prerecorded visualization every 6 months or once I've achieved my goal. I also usually write my 1 year goals on note cards so I'll see them often. Vision boards are also crazy fun!

FIVE:

## BATCH WORK / STACK WORK

### STACK YOUR PRODUCTIVE HOURS

Finally, we've gotten to the working part! For all of you impatient hustlers like me out there, be proud that you've accomplished steps 1-4 because now that we're here we are going to FLY.

**Your brain is functioning at its highest level and it's time to get busy.**

If you've never heard of batch working or stacking, you're in for a treat. Batch working is when you work on one set task during one block of time.

I know we all want to be mega-multi-taskers, but it's been proven that flipping from task to task hinders productivity instead of helping it.

Batch working says: for the next two hours, I'm only going to be working on writing (or my budget, etc.) And that's it! **PUT YOUR PHONE DOWN.** Turn off the wifi on your computer. It's 5 a.m. so I know your kids aren't up yet. No distractions.

If you finish the writing you had set to accomplish and still have time, move on to the next writing. The trick here is, don't move onto something that isn't writing because it will slow you down.

Stacking is based on *implementation intention*, which is a plan you make beforehand about when and where to act. That is, how you intend to implement your work. Before you go to bed, decide what you're going to work on in the morning and then focus on that task.

Stack your hardest, focus-heavy, brain grinding tasks during your most productive hours (i.e. the morning) and get them done all at once.

PRO TIP: Limit yourself to 5 hours maximum of fully focused work. There's a huge difference between being busy and being productive. Allow yourself quality time, not quantity. If your brain only focuses for 3 hours, give yourself 3 hours and then stop. And don't forget to take short stretch breaks while you're working!

There you have it!

I wish you all the best in your morning routine! Feel free to find what feels good for you so that your mornings can be your secret sauce.

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