

Morning Routines

Hi, Everyone! I hope your 2021 is off to a great start.

How do you start your day? Do you hit your snooze button three times and sleepwalk through your morning or do you have a plan the night before of what your morning will look like?

Mornings are a great way to invest in yourself on all three major planes of life:

1. Physical (Ex: walk, workout, drink water)
2. Mental (Ex: mediate, breathe, write in a thankful journal)
3. Spiritual (Ex: read the Bible or a devotional)

Starting your morning off with drinking a large glass of water, or taking a 10 minute walk while listening to some inspirational music or book/podcast can be a great way to start your day. Maybe you'd rather sit at the table and drink coffee so why not replace the news with a short devotional or personal development book instead of the latest negative news going on in the world.

There are literally hundreds of different things one can do to start the day; the important thing is to keep it very simple and be consistent with it.

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