

STOP MORNING MADNESS



3 SIMPLE HABITS THAT WILL TRANSFORM YOUR
MORNINGS - FOREVER

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Hi, thank you so much for requesting this E-book.

I know you will find it helpful if:

- * You start each day feeling like you're already behind.
- * You're looking for simple solutions to jump-start your mornings
- * Or, you simply want to streamline getting out the door each day.



My wish would be to sit down across the table from each other and share a cup of coffee as we get acquainted, but for now you'll have to drink your own cup of joe as you read this E-book ☺

Listen, I'm so grateful you stopped by and I'm super excited to share with you 3 Simple Habits that have forever changed the way I 'do mornings.' 😊

(Let's just go ahead and get the legal stuff out of the way, shall we?)

This book is copyrighted and should not be copied, sold or distributed without written permission (from me) the author.

However, if you find the information I share here helpful, I'd LOVE for you to share it, all I ask is that you please direct them to:

www.makeyourhomeahaven.com where they can request a copy of their own.

OK, now that that's out of the way...Lets jump in and get started because you're looking for a solution to *your own morning madness*.

For years I struggled with being late - between simply being a bad manager of my time and my perfectionism (I think I suffer from "can't leave home until everything's perfect syndrome") - Can you relate? My friends and Hubby (much to his chagrin) just came to 'expect' this of me. Until one day I just got tired of embarrassing myself and others.

However, when I turned to organizing articles and books for a solution - they either made things too complicated or didn't address mornings at all. So over time I came up with 3 things that completely changed my life, and once they become **habits** - Life got a lot less stressful for me (and for those I love)

The ideas I will be sharing with you are **SIMPLE** - because that's what I needed if it was going to work for me! – So, if you're looking for "earth shattering advice" you'll be disappointed - but if you're ready to:

Stop Your Own Morning Madness

These Habits **WORK!**

Webster calls a 'habit' - something you do so naturally that you no longer have to think about it - like brushing your teeth or combing your hair.

Even though they're simple - Do yourself a favor and DON'T move on to Habit #2 until Habit #1 has become just that -- A HABIT.

Let's face it mornings are hectic and stressful (even when you're organized) but when you add disorganization to the equation it's a disaster waiting to happen! We all know the importance of starting our days free from stress but the question is "how" to make it a reality.

The key is starting **today**. That was my problem - I didn't make plans for tomorrow until tomorrow became TODAY

HABIT NO. 1

Start tomorrow today!

If you struggle to get out the door (on time) implementing this one habit (starting tomorrow today) *will change your mornings forever*. This habit has 4 steps to make it easier to digest. (Don't worry it's the only one with steps)

I wish someone had shared the magic of 'starting tomorrow today' with me when I was in first grade. It's that powerful. (hint: if you have little ones in your sphere of influence, teach them to consistently do these 3 simple nightly routines and you will change their lives ...forever) pinkie promise.

1- Spend 15 minutes doing a general pick-up every evening before going to bed.

Set a timer, and get **everyone** on board. Go through the house room by room and pick up *anything* that doesn't belong (I use a laundry basket for easy transport) As you move from room to room remove the items from your basket that belong in each room and return them to their rightful homes *before* adding anything else to your basket. (if you have little ones you may need to adjust the time so it agrees with their attention span.)



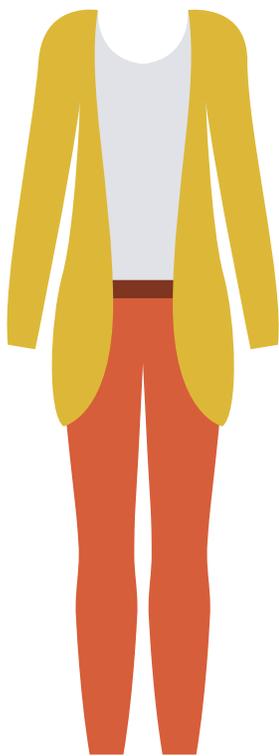
* **Grace note:** As you become more organized this will get easier and take less time because there will be less to put away. Don't worry, I'll be helping you with that too – just not today :-)

2- Choose tomorrow's clothes tonight

Now that the general pick-up is complete it's time to add the next step: Have everyone decide *tonight* what they will be wearing tomorrow (including shoes and accessories)

This one was a real game changer for me because it was **the #1 reason** I consistently ran 15 to 20 minutes late... every... single... day!

Of all the “organizing habits” I’ve added to my life over the years this one has probably had the most *positive impact* on ***my relationships with others***. They may not tell you but your friends and family are tired of your excuses for being late.



Once I made the decision to start choosing today, what I'm going to wear tomorrow - everything shifted - This was (and is) a game changer in the way I live my life!

Think about how many times you've been late because you spent 15 to 20 minutes standing in the closet (or in front of it) with that 'deer in headlights' look because you had *no idea* *what you were going to wear that day*. And, if you're not guilty of doing this yourself, you're trying to calm a child because the item of clothing they want to wear is either not clean, need's ironing or worse, needs some type of repair. It can be maddening... especially if it's repeated on a consistent basis.

You don't have to live that way...and to think it's such an easy fix. (trust me, if this is a new concept to you ...you're going to be really mad at yourself for the first few weeks after you start) ;-)

Now, it's time to add the last 2 steps to Habit #1

3- Sign any papers that need to be signed for the kiddo's ... and

4- Decide what you will be serving for breakfast.

You've completed your quick pick up and everyone's clothes are ready to go – you should already be experiencing less stress. Now, you simply have to sign any papers due tomorrow and decide what's for breakfast. (even if you don't prep for breakfast tonight, just deciding *what* you will serve will cause your subconscious to work for you while you sleep)

Unless you use a Keurig, program the coffee maker or prepare the pot so all you have to do tomorrow, is *hit the **on** button.*



* **Grace note:** If you really want to start your day feeling special add something pretty to the table: A small vase of flowers/ a cute basket or some colorful napkins.

Allowing your children to part of this process teaches them time management skills that will benefit them for the rest of their lives.

Remember it's all about creating a calm, stress free environment in which to start the day and paying attention to details creates memories.



Although our daughter is grown and we now have grandkids -- more often than not -- I still prepare our breakfast table with the 'works' (a centerpiece, napkins and candles) ... even if we're eating cereal ... simply because it brightens my day.

Now it seems I've "influenced" our granddaughter. 😊 She loves to prepare the table when she's with us – here's a picture of one she prepared last year (totally on her own) when she was with us for the 4th – she was 9!



You should already be seeing a difference in your morning routine and now it's time to move on to Habit No. 2

HABIT NO. 2

Wake up 15 minutes earlier

I'm not going to tell you to wake up every morning at *xyz time* – we're all different and I'm not convinced that there's one certain time that works well for everyone but I will tell you this, if you're in the habit of daily 'hitting the snooze button' - you're missing out on a very important part of your day.

The same goes for you if you 'hit the ground running' - for years I bragged about the fact that I was busy from the time my feet *hit the floor in the morning until my head hit the pillow at night* -- but as I've gotten older, I realize that's really not something to brag about.

There is something about giving yourself permission to *start the morning slow* that changes your whole day.

By start the morning slow, I don't necessarily mean "slow" - you may choose to spend your 15 minutes running or walking or sitting still, but having 15 minutes alone first thing every morning is life changing.

Hopefully, you're already incorporating some quiet time into your morning – a few minutes to read a devotional or pray – if not that's a good place to start—but eventually it would be awesome if you could add 15 minutes of 'you time.' Time to reflect on YOUR Goals – YOUR Dreams and YOUR Purpose in life.

Be intentional about this time because without careful planning your entire day will be "gulped up" in things you need to do for everyone else and you will find yourself on the back burner of your life.

You're doing great – now it's time to add Habit No. 3

HABIT NO. 3

Create a launch pad

What is a launch pad you ask?

In short – It's a place to "launch" your day. Think of the exit door you use every morning and then create some type of "station" to launch your day. It can be a small bookcase next to the back door, or a couple hooks and a vertical file of some sort.

It doesn't matter how "big" your family is or if you live alone – you need ONE spot to keep those items you need to grab every morning on the way out the door.

Imagine how much time you waste in a year (not to mention a lifetime) if you spend 15 minutes every day looking for your keys, briefcase or shoes.

This is the place where you're going to put those papers you signed last night. If you still have small children at home it's a good idea to have a section for each of them. (this could be a file folder with their name on it – one shelf on the bookcase or a hook on the wall)

Bonus –

Habit No. 4

Eat your frog first.

If you're not familiar with this saying it was introduced to the world by Brian Tracy in his book by the same title.



The concept is this – Look at your list and choose the ONE thing that will have the most positive impact on your future and do it FIRST – OR – Choose the item on your list that you dread doing the most – you know that “thing” you keep procrastinating about – then ***‘Just Do It’*** because if you ‘eat your frog first’ the worst is behind you and you have the confidence to tackle everything else.

I realize this can’t always be done “first thing” when you wake up because your ‘frog’ might be to complete a report that’s due for work and you can’t get started on it until you get to the office but you can start mentally preparing to “Eat Your Frog”

Grace note: I added this as a bonus because developing the habit of 'eating my frog first' has helped me procrastinate less and be more productive. It's very gratifying to get my most dreaded task completed early in the day so I can focus on doing the things I love.

Yes, there are other things you can do to eliminate morning stress but I have found that just implementing these 3 will change your life.

As you continue to follow my blog, I will be sharing other tips to help you live with less stress in your life - but for now I just want to say thanks for coming on board. I hope you found this e-book helpful - yet simple to follow and I look forward to getting to know you better.

I'm only an email away – shoot me your questions, suggestions or any ideas you may have that could be helpful to others.

my email is:

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