KESTON SCHOOL

BODY & ENERGY · FREE SAMPLE

Morning Energy Routine

A realistic morning routine for steadier energy and focus

CHAPTER 1 + WORKBOOK SECTION

BEFORE YOU START

How to use this book

By the last page you will have a short morning routine that fits your real life, a smaller version for bad days, an evening setup that makes mornings easier, and a simple way to keep it going for months.

1. Read one chapter at a time. Each one gives you a single idea and a single action.
2. Open the Morning Energy Routine Workbook and complete the matching section while the chapter is fresh.
3. Do the “Try this” action within seven days. Reading changes what you know; the action changes what you do.
4. Finish with the checklist in chapter 12 and come back to it whenever you slip.

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CHAPTER 1

Mornings on the Run

Most tired mornings follow the same snooze, scroll and rush pattern, and this chapter helps you see yours clearly before you change anything.

The alarm goes off at 6:45. You hit snooze. Then again. At 7:05 you pick up the phone “just to check the time” and surface twelve minutes later, half awake and already annoyed by an email you cannot answer yet. Now you are late. You shower fast, skip breakfast or eat it standing up, hunt for your keys, and leave with a coffee in one hand and a vague feeling that the day has already won. By ten o’clock you are still not quite switched on.

If that sounds familiar, this book is for you. Not because your mornings are a disaster, but because they are probably running you instead of the other way around.

The snooze, scroll and rush pattern

Most tired mornings follow a predictable shape. It has three parts, and you may recognize all of them.

1. **Snooze.** The first decision of the day is to postpone the day. Each extra few minutes feels kind, but you rarely wake up feeling better for them.
2. **Scroll.** The phone is the first thing you look at. Messages, news and other people’s plans flood in before you have had a single thought of your own.
3. **Rush.** Because the first two steps ate the spare time, everything else gets squeezed. Getting ready becomes a race, and small things like a missing charger turn into stress.

None of this is a character flaw. Each step makes sense in the moment. Snoozing feels good. Scrolling feels like staying informed. Rushing feels unavoidable. The trouble is what the three add up to: a start that leaves you reacting all morning, and often all day.

Why heroic routines collapse

When people decide to fix their mornings, they often reach for a dramatic plan. Wake up at five. Meditate for twenty minutes, journal for fifteen, run for thirty, then a cold shower and a careful breakfast. It looks great on paper and on social media.

It usually lasts about a week.

Heroic routines fail for simple reasons. They are long, so a late night or a sick child breaks them. They depend on motivation, which is lowest exactly when you are tired. And they are borrowed from someone else's life, with someone else's job, commute and family. When the routine breaks, it feels like personal failure, and most people go straight back to snooze, scroll and rush.

This book takes the opposite approach. You will build a short routine that fits your real mornings, including the bad ones. It will feel almost too small at first. That is the point.

> **Key idea:** A morning routine is only as good as its worst day. Build for the morning after a bad night, not for the perfect one.

What a good morning actually looks like

A good morning is not about being productive before sunrise. It is about three simpler things:

- **You wake up and get going without a fight.** Not instantly alert, but moving.
- **You start the day with a small sense of direction.** You know the one thing that matters most today.
- **You leave the house, or sit down at your desk, without rushing.** A few spare minutes make a large difference to mood.

That is the target. Everything in the next chapters serves one of those three outcomes.

What this book covers, and what it does not

This is a book about everyday habits: light, water, movement, your phone, your evening setup and the order you do things in. It is built for ordinary tiredness, the kind that comes from late nights, rushed starts and busy lives.

It is not medical advice. If you feel exhausted most days no matter how much you sleep, if you snore loudly or wake up gasping, or if tiredness is getting in the way of work, driving or relationships, talk to a doctor. Persistent fatigue can have many causes, and a professional is the right person to look into them. Better habits are a good addition to that conversation, not a replacement for it.

This book also does not try to fix your sleep in depth. Sleep matters enormously for morning energy, and you will see it mentioned throughout. But the focus here is on the first hour or so after you wake up and on the small evening steps that make that hour easier.

Your mornings are already a routine

Here is a useful way to think about it. You already have a morning routine. You probably follow it with impressive consistency: alarm, snooze, phone, rush. It runs automatically, without effort or willpower.

That is good news. It means you are perfectly capable of following a routine every day. You just need to swap a few of the steps. You are not building a habit from nothing; you are editing one that already exists.

Try this

For the next three mornings, change nothing. Just observe. Each day, as soon as you sit down for work or leave the house, take two minutes to write down:

- What time the alarm went off and what time you actually got up.
- The first three things you did after waking up.
- When you first looked at your phone, and for how long.
- How rushed you felt on a scale of 1 to 10.
- How awake you felt at ten o'clock on a scale of 1 to 10.

Use the table in your workbook. Do not judge what you see. You are collecting information, not grading yourself. After three mornings, circle the moment where your morning most often goes off track. For many people it is the phone. For others it is the snooze button, or the hunt for things that were not ready.

That circled moment is where we will start. But first, it helps to understand what is actually happening in your body and mind during the first hour of the day, which is what the next chapter explains.

KEY TAKEAWAYS

- The snooze, scroll and rush pattern is common and fixable.
- Heroic routines fail because they are built for perfect mornings.
- Watching three ordinary mornings tells you where to start.

→ Workbook, section 1

01 Mornings on the Run

Watch three ordinary mornings before you change anything.

FILL IN

Three-morning observation

Day	Alarm / up	First 3 things	Phone: when, how long	Rushed 1-10	Awake at 10 a.m. 1-10
Day 1					
Day 2					
Day 3					

CHECKLIST

Which parts of the pattern do you recognize?

- [ ] Snooze - postponing the start
- [ ] Scroll - phone first
- [ ] Rush - squeezed getting ready
- [ ] A slow start until mid-morning

The moment where my mornings most often go off track:

Morning routines I have tried before, and why they stopped:

YOUR NEXT STEP

Want the whole book?

You just read chapter 1 of Morning Energy Routine and tried the first workbook section. The full e-book has 12 chapters, a complete workbook and a final checklist. Here is everything inside:

01 Mornings on the Run

02 How Morning Energy Works

03 What Rushed Mornings Cost

04 Build for Your Worst Day

05 Light, Water, Move

06 Phone Later, Priority First

07 Set Up the Night Before

08 Mornings in Real Life

09 When Mornings Fall Apart

10 Make It Run Itself

11 Better Mornings, Better Months

12 Mistakes & Checklist

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