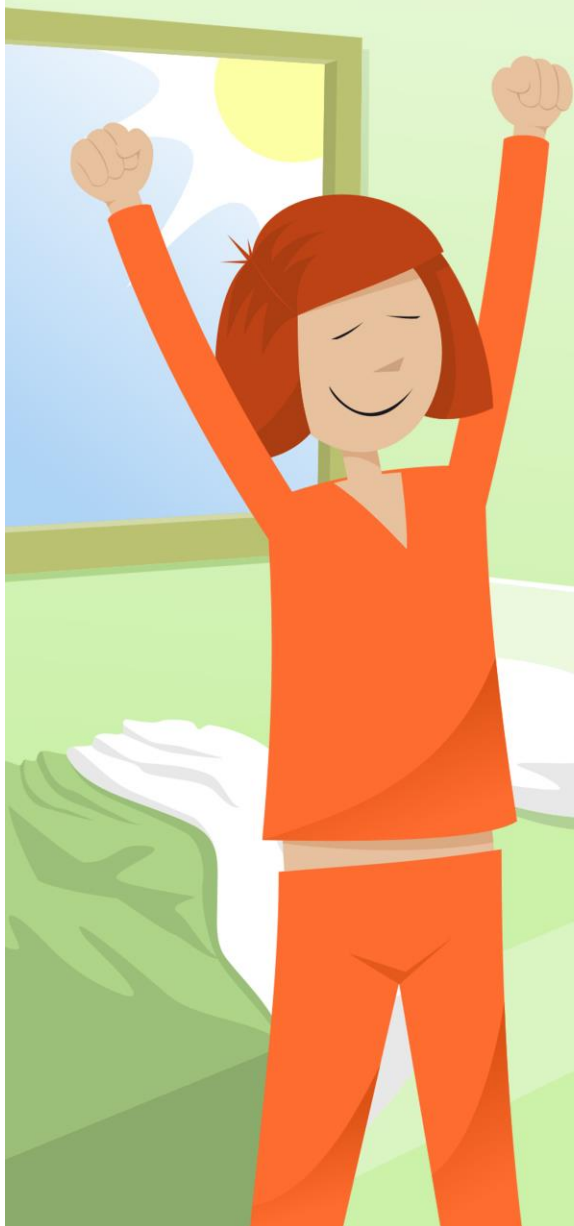


How to Wake Up in the Morning

by @inner_drive | www.innerdrive.co.uk



- 1 You Snooze You Lose**
Hitting the snooze button may leave you feeling more groggy and less refreshed.
- 2 Here Comes the Sun**
Open your curtains as getting natural light in your room will wake you up.
- 3 Talk the Talk**
Ask yourself good questions; what is it you want to achieve today?
- 4 Rise and Dine**
Eating a good breakfast will improve your mood, memory and concentration during the day.
- 5 On Your Bike**
Any early morning exercise will get your heart rate up, your blood flowing and improve your mood.