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Tips to a Glorious Morning

Lola Weinreis
Style 311



Good morning!

Ahh Mornings...

Do you love them or wish they started at noon? They come every day and we should make the most of them. Try these five tips to make getting ready for the day easier and enjoyable.



Plan Your Outfit the Night Before (Basically pretend you are still in grade school)

This will save a lot of time and energy because you already know what you are going to wear. It's good to have a backup option in mind too, just in case you decide you aren't feeling it.

"Take a look at the weather forecast and keep in mind what activities you will be doing. Pull out everything you'll need including the proper undergarments, accessories and shoes."



2

Get Up 10 Minutes Earlier

(Don't be this guy!)



This is a tough one, but makes a huge difference: Get up 10 minutes earlier. It is so much more relaxing and energizing when you don't have to run around like crazy to get out the door. Pretty soon, you will have a new habit established and it will be easier to get up earlier.

"Use a few of these minutes to spend time being grateful. It will change your whole day!"

3

Have Something To Look Forward To

Pull up your favorite daily podcast or playlist along with a great cup of coffee. It could be morning cuddles with your kiddos or a few minutes reading a favorite book. It will add to your enjoyment and help ease you into the new day.

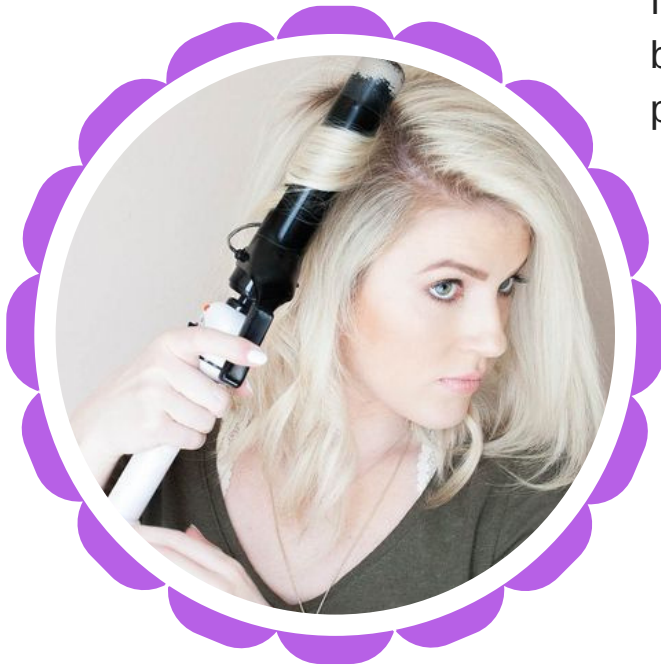
"A few simple stretches and a bottle of water are two more ways to kick-start your morning."



4

Do Your Hair & Makeup Before Dressing

This way if you get a little sloppy with your foundation it will end up somewhere else besides your outfit and you won't have to pick new clothes in a rush.



"Same goes with your hair – just be careful not to mess it up when you put clothes over your head."

5

Wear Something You Love Every Day

"Try a great-fitting jacket or a ring that you got from your grandma. Is it a great pair of shoes or new shades? Choose something that suits your style and brings you a little surge of joy every time you see it."



We All Get Dressed

We all get dressed each day so we should enjoy it. Start your day with gratitude and think about all the blessings in your life. It will bring joy to your heart and a smile to your face.

the root of
joy
is gratefulness

"Always take a good look at yourself in a full-length mirror before leaving the house. Smile, stand up straight & be confident as you face the beautiful day ahead."

All My Best!

P.S.

If you are ready to learn more about the three keys to looking great, sign up for a complimentary 1st time consultation on my website!

Lola

