

STARTING A NEW DAY WITH COFFEE

8 Cute Quotes About Coffee To Start Your Day Right . Someone In Colorado Is Putting Out The Funniest Signs Ever, And The Puns Are Priceless (New Pics).

Incorporate a little extra movement by walking or biking to work, or perhaps skipping the elevator and instead take the stairs. Jonathan Swift I have always been delighted at the prospect of a new day, a fresh try, one more start, with perhaps a bit of magic waiting somewhere behind the morning. Ray Bradbury Today I choose life. Henry David Thoreau Nothing is more beautiful than the loveliness of the woods before sunrise. Have you found its positive side? After breakfast, make a cup of your favorite coffee and enjoy, allowing the rich flavor and enticing aromas to awaken all of your senses. Start by writing down the 3 most important tasks of the day. If you start your day by focusing on the things you have, your perspective will change completely. Lemony Snicket Be willing to be a beginner every single morning. Jerome Lawrence Every morning I jump out of bed and step on a landmine. Listen to a motivational podcast, read a book or write in a journal to help your mind reset. How you spend your mornings sets the stage for your entire day. Here are some quotes to make your mornings even more positive: When you arise in the morning, think of what a precious privilege it is to be alive – to breathe, to think, to enjoy, to love. Another way to prepare for the day ahead is to practice meditation. Nick Clegg How do you feel in the morning? George Washington Carver Each day is a little life: every waking and rising a little birth, every fresh morning a little youth, every going to rest and sleep a little death. Start a new day with a fresh mindset and leave procrastination in the past. Every morning when I wake up I can choose joy, happiness, negativity, pain – To feel the freedom that comes from being able to continue to make mistakes and choices – today I choose to feel life, not to deny my humanity but embrace it. But those early mornings, when you wake up naturally and put a big smile on your face. When you have a morning routine and manage to finish some important tasks, find time for yourself, do some reading or writing , have a nice breakfast, meditate, drink your coffee in peace, etc. How do you kick-start your day? My future starts when I wake up every morning – Every day I find something creative to do with my life. You can learn more about Frosina at www.frosina.com. Just 10 minutes of uninterrupted meditation in the morning will sharpen your focus and help you handle any situation with ease. Miles Davis To simply wake up every morning a better person than when I went to bed. This simple practice will improve your focus and help you accomplish more things in less time. See also: A bowl of oatmeal with fruits or avocado egg toast are great nutrient-packed breakfast options. Open the windows, take a second to sit in silence, and observe your surroundings. Get in the Right Mindset Get in the right state of mind before starting your day. John Steinbeck Do I get up every morning and ask: am I doing the things that I believe in and am I doing them for the best possible motives? Boost your productivity, crush your goals, and start fresh each day with these 5 simple tips! Ovid I never knew a man come to greatness or eminence who lay abed late in the morning. Here are 5 easy ways to kick-start your day and feel happier and more productive. Do you have a morning ritual? Take care of your own well-being first. February 26, 5 Easy Ways to Kick-start Your Day Have you ever imagined what your perfect morning would look like? Maybe it includes enjoying a fresh cup of coffee in your kitchen, grateful for another day. Meister Eckhart Every morning was a cheerful invitation to make my life of equal simplicity, and I may say innocence, with Nature herself. Keep electronics in another room and get an alarm clock to wake you up instead. After the explosion, I spent the rest of the day putting the pieces together. Paul Henderson Morning is an important time of day, because how you spend your morning can often tell you what kind of day you are going to have.