



Make the First and Last Hours of Your Day Count

Tips on powering up in the morning and winding down at night

You know that satisfying feeling after a productive day? By using the first and last hours of your day more intentionally, you can experience it more often. Starting your morning with purpose—even waking a bit earlier—helps you focus and prepare mentally, while a calming evening routine improves sleep and sets you up for the next day.

In the morning, choose habits that energize and motivate you:

- Exercise early to build momentum and boost energy.
- A few minutes of meditation can clear your mind and reduce stress.
- Plan your day, tackle a small task, or delay emails to enjoy quiet personal time.
- Nourish yourself with a good breakfast or coffee, and tidy your space to create a sense of order and accomplishment.

In the evening, focus on winding down:

- Unplug from devices to support healthy sleep.
- Enjoy calming rituals like a warm bath, gentle stretching, or soothing music.
- Practicing gratitude can improve mood and promote restful sleep.
- Journaling helps release thoughts and reduce stress, while reading relaxes your mind and builds a bedtime habit.

Try a few different things to figure out what works best for you. Small, consistent routines can transform both your days and nights.

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