

Crafting a Morning Routine

While Benjamin Franklin did not necessarily invent the morning routine, he put one to good use, and it's become quite famous. Many articles describe people's attempts to adhere to Franklin's daily routine for a week or a month.

The morning question, What good shall I do this day?	5	Rise, wash, and address <i>Powerful Goodness</i> ; contrive day's business and take the resolution of the day; prosecute the present study; and breakfast.
	6	
	7	
	8	
	9	Work.
	10	
	11	
	12	Read or overlook my accounts, and dine.
	1	
	2	Work.
	3	
	4	
5	Put things in their places, supper, music, or diversion, or conversation; examination of the day.	
6		
7		
8		
Evening question, What good have I done today?	9	Sleep.
	10	
	11	
	12	
	1	
	2	
3		
4		

Research shows that many of the most successful people have a well-developed morning routine. Such a routine is beneficial because it sets the tone for your day. No matter how bad yesterday was or what is on your To-Do list today, the morning routine is a constant in your daily life — your 100 percent self-sustaining (as opposed to selfish) ritual. It's the time you allocate for yourself, every day, no matter what.

This article has a really good layout of how and why to craft a morning routine that works for you: <http://21DayHero.com/morning-routines-guide>.