

RHYTHMS GUIDES · FREE EDITION

How to Start a Morning Routine

A gentle beginner's guide to healthy mornings and better days

Rhythms

Welcome

This guide is for anyone who wants to start the day calmer and healthier, but doesn't know where to begin. You don't need to wake up at 5 a.m. or follow a perfect plan. You only need a few small habits, repeated most days.

- Read one chapter at a time.
- Pick just one idea to try tomorrow morning.
- Use the 7-day plan near the end to get started.
- Come back when you're ready to add the next step.

Why a morning routine helps

The first hour sets the tone for the rest of the day. A simple routine removes small decisions, so your energy goes to what matters.

Less rush

You know what comes next, so mornings feel calmer.

More energy

Water, light and movement wake up body and mind.

Better focus

A short plan helps you start with what matters most.

A sense of control

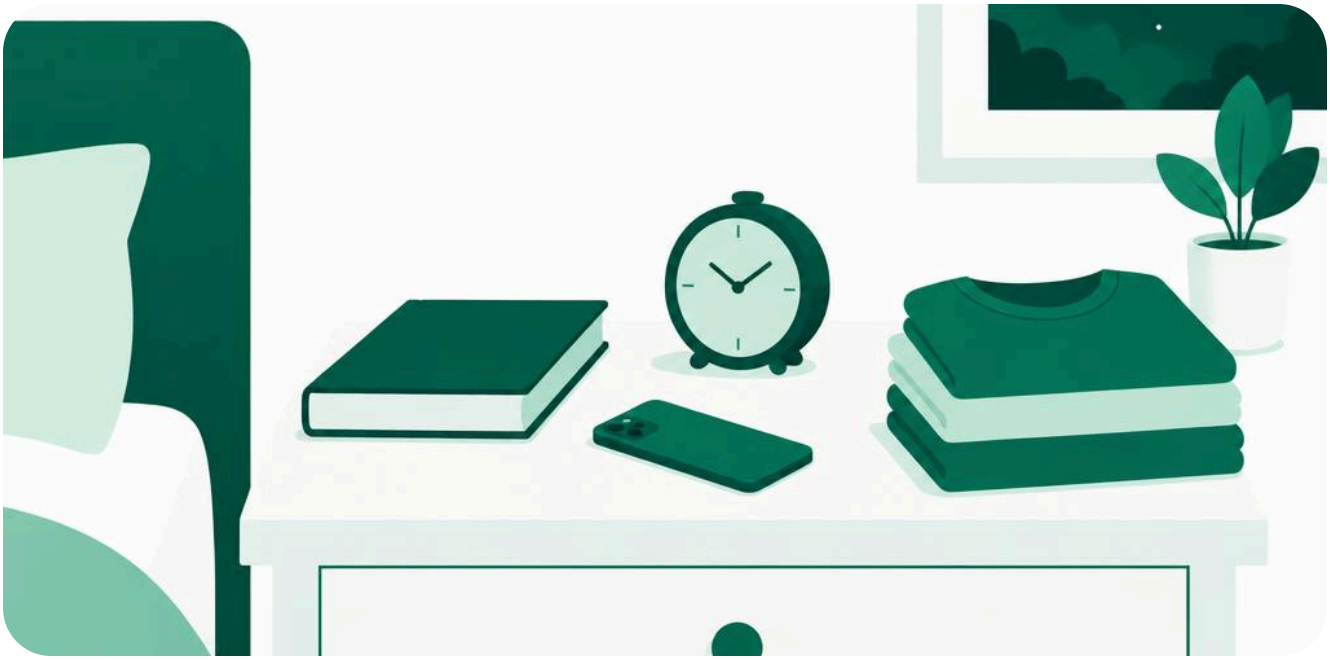
Small wins early build momentum for the whole day.

Start small: one habit at a time

The most common beginner mistake is trying to change everything at once. Big plans fade in a week. Tiny habits stick.

- Choose one habit that takes 2 minutes or less.
- Attach it to something you already do, like "after I turn off my alarm, I drink a glass of water."
- Do it for one week before adding anything new.
- Keep it easy on purpose. Easy is what lasts.

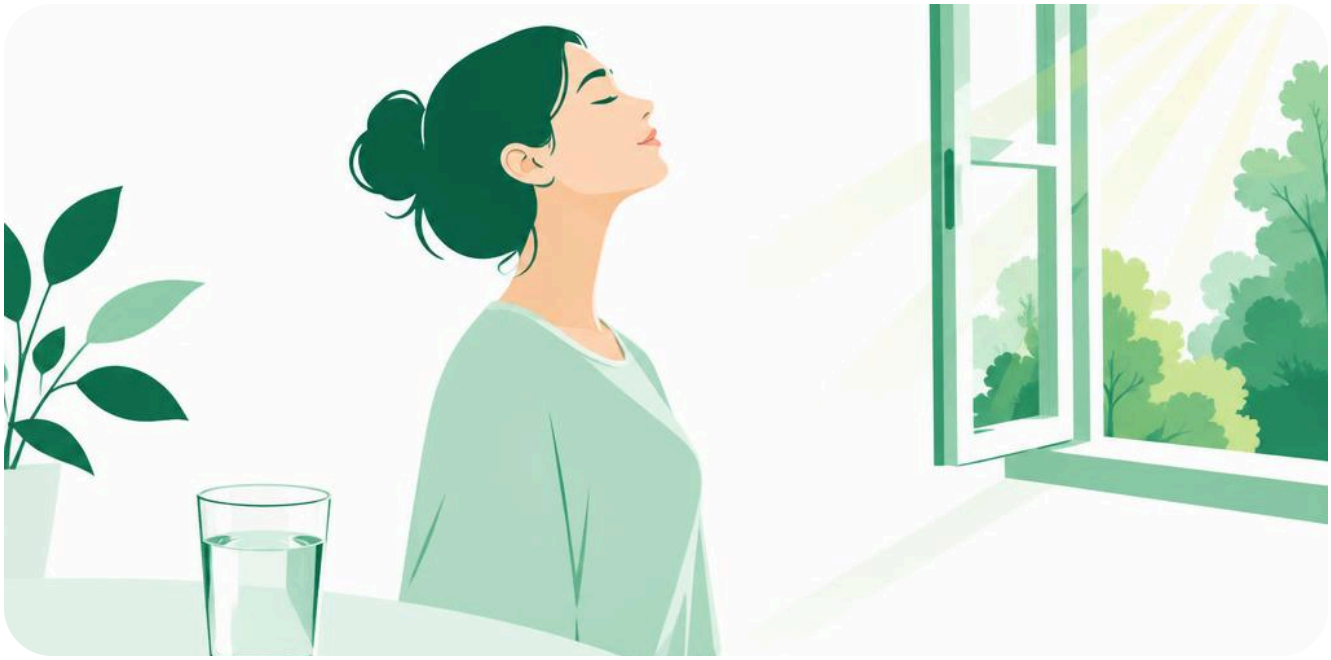
Tip: a routine you do on a bad day is better than a perfect routine you skip.



The night before

A good morning starts the evening before. Sleep and a little preparation make waking up much easier.

- Go to bed and wake up at roughly the same time, even on weekends.
- Put your phone away 30 minutes before sleep.
- Lay out clothes and fill a water bottle for the morning.
- Write down tomorrow's one most important task.



The first 10 minutes

Your first minutes awake are the foundation. Keep them simple and screen- free.

- Drink a glass of water to rehydrate after the night.
- Open the curtains or step outside for natural light.
- Take five slow breaths: in through the nose, out through the mouth.
- Wait a little before checking messages or news.



Move your body gently

You don't need a workout. A few minutes of gentle movement wakes up your muscles and lifts your mood.

- Stretch arms, neck and back for 2-3 minutes.
- Take a short walk around the block or the house.
- Try ten slow squats or a few yoga poses.
- Choose movement you enjoy, so you want to repeat it.



A calm mind

A few quiet minutes help you notice how you feel and start the day with intention, not reaction.

- Sit quietly for 2-5 minutes and follow your breath.
- Write three lines: how you feel, one thing you're grateful for, one goal for today.
- If your mind wanders, gently come back. That is the practice.
- Keep a notebook and pen where you'll see them.



A simple breakfast

Breakfast doesn't have to be fancy. Aim for something simple that keeps you full and steady.

- Combine protein, fiber and fruit, like oats with yogurt and berries.
- Prepare ingredients the night before to save time.
- Eat sitting down, without rushing, when you can.
- If you're not hungry early, a small snack later is fine.



Plan your day in three priorities

Before the day pulls you in every direction, take two minutes to decide what matters.

- Write down three tasks for today, no more.
- Mark the one that matters most and do it first if you can.
- Look at your calendar so nothing surprises you.
- Let the rest of the list wait. Three is enough.

Tip: keep your three priorities in an app like Rhythms, or on a simple sheet of paper if you prefer.

Three sample routines

Pick the one that fits your morning. You can always grow from a shorter routine.

10 minutes

- Water (1 min)
- Light and 5 breaths (2 min)
- Stretch (3 min)
- Three priorities (4 min)

20 minutes

- Water (1 min)
- Light and breathing (3 min)
- Gentle movement (6 min)
- Quiet or journal (5 min)
- Three priorities (5 min)

30 minutes

- Water (1 min)
- Light and breathing (4 min)
- Walk or stretch (10 min)
- Quiet or journal (7 min)
- Simple breakfast plan (3 min)
- Three priorities (5 min)

Build your own routine

Use this page to design a routine that fits your life. Write one step per line.

My wake-up time:

Step 1:

Step 2:

Step 3:

Step 4:

I'll start on:

Your 7-day starter plan

Add one small step each day. Tick the box when you're done.

☐	Day 1	Drink a glass of water after waking
☐	Day 2	Add natural light and five breaths
☐	Day 3	Add 3 minutes of stretching
☐	Day 4	Add 2 minutes of quiet
☐	Day 5	Write your three priorities
☐	Day 6	Prepare tonight for tomorrow
☐	Day 7	Repeat your full routine and notice how you feel

Common beginner mistakes

Knowing these ahead of time makes them easier to avoid.

Doing too much

Start with one or two habits, not ten.

Copying someone else

Your routine should fit your life, not an influencer's.

Starting with the phone

Messages first means someone else's priorities first.

Waiting to feel motivated

Action comes first. Motivation follows.

When you miss a day

Missing a day is normal. What matters is coming back, not being perfect.

- Don't try to make up for it with a longer routine.
- Restart with the smallest step the very next morning.
- Ask what got in the way and make it easier next time.
- Remember: never miss twice in a row.

You're ready to begin

Start tomorrow with one small step. In a few weeks, it will feel like your own natural rhythm.

Want help keeping it going? Rhythms is a calm to-do and focus app where you can save your routine as repeating tasks with gentle reminders. Prefer paper? A notebook or a printed copy of page 12 works just as well.

rhythms.cloud