

# 12 Strategies To Get Yourself Out Of Bed In The Morning

- 1 If your kids laughter and smiles motivate you, get them to help by asking them to jump on your bed every morning and tell you, 'It's wake up time Mummy . . . Come on get up. I love you!'
- 2 If you have one, get your dog to jump on your bed and give you morning cuddles.
- 3 Set your alarm to play your favourite song. Hearing it first thing might help you to get up and get moving.
- 4 Make a photo book and fill it with photos of your favourite people, memories, trips etc. Have it next to your bed so in the mornings you can flick through it when you wake to remind you of all the reasons why you should get up today.
- 5 In the morning, ask your partner to get the diffuser going in your bedroom while you're waking up and preparing yourself for the day. Peppermint and Wild Orange is a great combination.
- 6 Come up with your own reward system for getting out of bed. For example, out of bed before 6.30am you get to buy a cup of your fav coffee.
- 7 Get an accountability partner. One example is to commit to going for an early morning walk with a neighbour or close friend.
- 8 What's the one thing that inspires you to get up each day? Take some time to really think about what would help you to want to get out of bed. Is it having an undisturbed morning coffee?
- 9 The 5-4-3-2-1 method. You literally don't give yourself a chance to think about the action or task, you do the countdown in your head and then move. [Mel Robbins, The 5 Second Rule](#) is a great read if you like the sound of this technique.
- 10 Have a glass of water next to your bed and make sitting up and drinking it the first thing you do.
- 11 Count to 10 slowly while taking deep breaths. Once you get to 10, the deal is, you have to get up.
- 12 Think of five reasons why you need to get up today. Write them down!

*Renee*  
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