

A Simple Morning Routine to Get You out Fast!

By Sherri of [Serene Journey](#).

Not everyone is a morning person, I get that, but mornings do happen to be my favorite time of day. It's quiet and peaceful, so I can relax and soak in the stillness before my husband heads off to work and before the kids wake up. But whether you want to spend time enjoying the peace and quiet or indulging in some extra beauty sleep, it's helpful if you can streamline the rest of your morning routine so you can still get out fast. Here are some tips for simplifying your morning routine and getting going in minimal time: **the secret? Making the most of the night before.**

The Night Before

1. **Set the coffee pot.** Add water and coffee to the coffee maker so all you have to do is flip the switch. If your coffee maker has a timer, use it! Let the fresh aroma of coffee permeate the house as you wake up. Consider setting out mugs and spoons and if you take sugar, spoon that out too.
2. **Choose your clothes.** Just like Mom used to do when you were 5. Choose your outfit the night before and hang it on the back of a door or drape it over the back of a chair. Check for stains, rips or tears and if there's any ironing needed now's the time!
3. **Prepare lunch and snacks.** This is a huge time and cost saver. Make a sandwich, grab some fruit or a yogurt, throw it in a bag and you're done. It will taste better and be better for you, at a fraction of the cost of cafeteria food.
4. **Pack up your bag.** Pack up the laptop, project proposals, letters to be mailed and bills to be paid. Put your bag together with your shoes, jacket, keys, wallet or purse by the door you leave through. By doing this you don't have to rush around looking for everything at the last minute and you also don't have to worry about forgetting anything.
5. **Most important tasks.** Avoid stalling and struggling to find something to accomplish during the day by giving some thought to it the night before. Choose three of your most important tasks write them out and give some thought to any resources you may need to help you get them done. In the morning you have a clear list of things you would like to do and generally know how to go about accomplishing them.

The Morning

6. **Shower quickly.** Try limiting yourself to five minutes in the shower. Not only will this conserve water but it will greatly lessen the time you need to get ready in the morning. Consider using a 2 in 1 shampoo and conditioner or dare I suggest a 3 in 1? Shampoo, conditioner and body wash.

7. **Choose a quick breakfast.** I don't recommend skipping breakfast because, as we all know, it really is the most important meal of the day. Instead, leave the bacon, eggs and hash browns for the weekend and choose something simple like toast, cereal or oatmeal. Smoothies can be a relatively quick breakfast alternative and they taste great!

Everywhere we look people are encouraging us to slow down to enjoy life, and I agree wholeheartedly. *But* getting ready in the morning is one area where I like to speed things up a bit so I can enjoy life (my day) sooner. Are you an early riser or do you enjoy your beauty sleep? Do you have additional tips that help you get through your morning routine quickly? Please share them in the comments!

Retrieved from <http://www.onsimplicity.net/2009/04/simple-morning-routine/>