

Goal: To motivate

Word Count: 462

Title: What to Do Before 8 a.m. to Set Yourself Up for Success All Day Long

A great way to set yourself up for success in your entrepreneurial life is to take advantage of the morning. An underutilized part of your day is the few hours before you head to the office for the day.

While it may seem daunting to commit to getting up earlier, you're more likely to get things done before work. This is because you have a harder time doing those same things after work.

Read some tips for getting things done early.

Go to bed earlier.

In order to get anything done early in the morning, you still need to make sure you're getting enough sleep. Sacrificing sleep is not a good method for a sustainable, productive morning. Start winding down and turn off electronic devices [an hour](#) before you plan to go to sleep. If you disconnect, you have an easier time getting to and staying asleep.

Get up at the same time on the weekends.

Get up around the same time on the weekends as you do on weekdays. This helps your body get used to your routine and makes you more productive during the work week.

Use calendar tools to keep track of your schedule.

You can't possibly remember everything that you need to do in your head. Get some help and to use a calendar tool to organize your day. Office 365, Google Calendar and time management apps offer great ways to do schedule your time.

Engage in several activities before 8 a.m. to get more productivity at the office.

Work Out

Working out in the morning can boost your energy for the day. You'll also be glad it's already over.

Take on Personal Projects

Maybe you enjoy writing fiction or sewing. Use some of the time in the morning to work on some personal projects that put you in a good mood. Your good feelings start your professional day off right.

Pack Your Lunch

Use your extra time in the morning to pack your lunch and healthy snacks for the day. Healthy food at lunch and during the day makes you feel better and it also helps make you more productive. You won't go around distracted because of how hungry you are before reaching for candy from the vending machine.

Listen or Call During Your Commute

Your morning commute is a great time to listen to podcasts focused on your industry or interests. You can also use your commute to make phone calls that you otherwise don't have time to make.

The morning can be a great time to get things done and help set up success for your entire day. Don't waste it.