

10 Ways to help you *Bounce* out of bed every morning!

If you incorporate these 10 steps into your morning routine, you'll never get out of the wrong side of the bed again! You're going to feel full of energy and ready to bounce out of bed and take on the day.

- # 1 Get enough quality sleep**
- # 2 Set your alarm and put it out of reach**
- # 3 Take some deep breaths**
- # 4 Have a big glass of water**
- # 5 Jump out of bed**
- # 6 Let some natural light in**
- # 7 Play motivational music**
- # 8 Visualise a positive outcome**
- # 9 Say positive affirmations**
- # 10 Plan something you love doing**