Prologic Acquisitions shares their 7 step morning routine for maximising productivity

Wednesday 19 August, 2015

Manchester based Prologic Acquisitions share their advice on establishing a morning routine that will maximise productivity and establish great habits.

Prologic Acquisitions believe it is crucial to start the day well to maximise success in business.With many obstacles in life ready to try and knock people off course, Prologic Acquisitions believe that by implementing their 7 tips to setting up a successful morning routine, it will ensure that control of the day is maintained.

About Prologic Acquisitions: http://prologicacquisitions.co.uk/

Start with protein instead of dairy.

Food is a body's fuel so ensure the fuel is designed to provide energy to get the day started right. A common breakfast is Cereal, and Prologic Acquisitions recommend swapping carbs and dairy for a high protein breakfast, such as scrambled eggs for lasting energy to take you through to lunch.

Start your morning the night before.

Avoid a manic morning of ironing and outfit seeking, by getting clothes ready the night before. Also get a to-do list started, your brain will thank you for it as it will already be prepared for the day ahead. Lawrence Randall MD of Prologic Acquisitions believes, "Its win-win. Not only will these actions save you time, but it can make the morning less stressful."

Let there be light.

Both natural and artificial light trigger the body to stop producing melatonin, a sleep-regulating hormone. It will gear the body up for action by just flipping a switch or pulling open the curtains.

Work out.

Nothing gets blood flowing through the body like exercise, so schedule time to get in a quick workout. Many successful entrepreneurs such as Richard Branson and Alan Sugar find time in their hectic schedules to fit it in before breakfast. Don't underestimate the power of endorphins to set the mood for the day.

Banish the snooze button.

It has been scientifically proven that the snooze button does not help as it interrupts the REM cycle, and repeated interruptions knocks the body's natural rhythm off. Prologic Acquisitions advises working out the latest time you can comfortably wake up and advises setting that time, and getting up right away.

Ditch the alarm

Most people use their smart phones as their alarms, why not set it to a favourite playlist or radio station, a guaranteed better way to awake than a loud obnoxious buzzing.

Get in a positive mindset.

Attitude is intangible, but it's also invaluable. Having a positive outlook can make all the difference in your day, especially in the morning. Practicing appreciation for things to be thankful or repeating a positive affirmation in the morning is a great way to get the mindset right for the day.

Once the morning routine is established it will make for a more productive day states Prologic Acquisitions, and productivity is key for success in life and business.

Prologic Acquisitions are a leading outsourced sales and marketing agency in Manchester that specialises in customer acquisition. Prologic Acquisition's Managing Director Lawrence Randall

Related Sectors:

Business & Finance :: Computing & Telecoms :: Education & Human Resources :: Food & Drink :: Media & Marketing :: Men's Interest :: Travel & Tourism ::

Related Keywords:

Irresistible :: Product :: Promotions :: Prologic :: Strategy :: Personalisation ::

Scan Me:

contributes his success to his ability to start his day successfully.

Company Contact:

Prologic Acquisitions

T. 0161 667 1296
E. contact@prologicacquisitions.co.uk
W. https://prologicacquisitions.co.uk/

View Online

Newsroom: Visit our Newsroom for all the latest stories:
https://www.prologic-acquisitions.pressat.co.uk