



# Rise & Shine



## How To Become A Morning Person

with Mayo Clinic Trained & Board Certified  
Berta Lippert NBC-HWC MEHS B.ASc



This is a companion workbook to my blog post, *How To Become A Morning Person: 12 Tips To Get You Started*. You can find the blog post [here](#).

In the post, I share 12 tips to make becoming a morning person easier and much more enjoyable. This workbook will

help you flush out a few of those tips a little more, and show you how to implement them in your own life.

If you enjoy this workbook, and wish to take this further, consider booking a Morning Routine Strategy Session with me. I'd love to help! You'll find more information on that at the end of this workbook.

For now, let's get started! :)

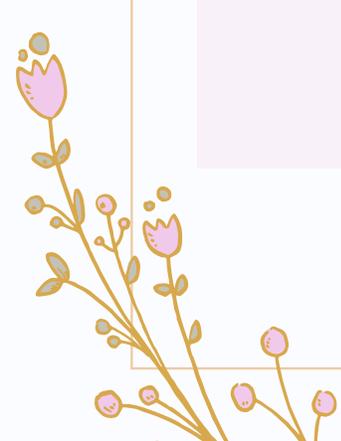


# Upsides



To make becoming a morning person a whole lot easier, it helps to look at the bright side of being one. What is it that would make you want to become a morning person in the first place? What are the benefits to enjoying your morning and having it unfold in a predictable, and pleasant way? Will it allow you more time with your family? Increase your productivity? Savor some much needed ‘me’ time? Give you more energy?

Spend some time thinking about and focusing on all of the upsides to being a morning person. When it comes to changing your behavior, you have to create something compelling enough for you to want to change. What is that for you?



# Joy



If you'd like to become a morning person, find ways to enjoy your morning. It doesn't have to be something that takes a lot of time or requires a lot of energy. Anything you know you're going to do in the morning that you enjoy.....that perfect cup of coffee, being out in nature, 1:1 time with someone special, reading, journaling, whatever it might be.

You'll have to be intentional here until it becomes habit. Finding something you enjoy and looking forward to it will help you enjoy your mornings and become a morning person! What is that for you?



# Environment



Our environment plays such a huge role on our habits. Our habits play a huge role in becoming a morning person. If you'd like to become a morning person, look around. What in your environment is making it more difficult? What could you do to make it easier?

Think of ways to make becoming a morning person easier by engineering your environment to work in your favor. This may include strategies mentioned in the blog post such as exposure to light, placement of your alarm clock, and healthy food on hand for a good breakfast. What is it for you?



# Shift Schedule



If you'd like to become a morning person, and you're currently going to bed and getting up later than you'd like, use the material below to create a process and plan to gradually shift your sleep/wake time slowly until you're going to bed and getting up at the times you'd like. It's recommended to do this in small increments of 15 minutes. When you allow your body to become accustomed to this gradually, it's so much easier than you think!

What time would you like to wake up in the morning?

How many hours of sleep do you need?

Work your way backward to determine what your new bedtime will be to allow you to get those hours of sleep in before you rise.

For example: If you'd like to get up at 6am, and you need 9 hours of sleep, your bedtime will become 9pm.

What time do you currently go to bed and wake up?



# Shift Schedule



Now it's time to plan your gradual shift to adjust your schedule to your desired sleep and wake time. As mentioned earlier, it's recommended to do this slowly in small increments of 15 minutes. Use the space below to plan out your gradual shift to your new sleep and wake time.

For example: If your goal is to wake up at 6am, but you're currently getting up at 7am, move your bedtime and wakeup time earlier by 15 minutes. In this example you would start by rising at 6:45am and going to bed 15 minutes earlier than you currently are. You would do that for a few days/nights until you've adjusted to it, and then move it another 15 minutes earlier until you adjust to that. You repeat this cycle until you're sleeping and rising on the schedule you desire.



As of \_\_\_\_\_ I will go to bed at \_\_\_\_\_ and rise at \_\_\_\_\_ .  
Date Time Time



As of \_\_\_\_\_ I will go to bed at \_\_\_\_\_ and rise at \_\_\_\_\_ .  
Date Time Time



As of \_\_\_\_\_ I will go to bed at \_\_\_\_\_ and rise at \_\_\_\_\_ .  
Date Time Time



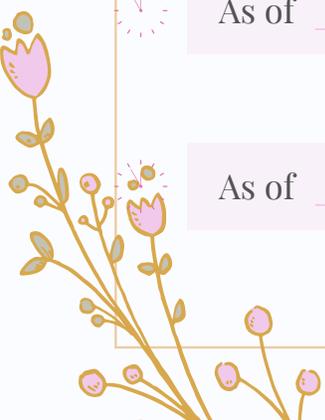
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Date Time Time



As of \_\_\_\_\_ I will go to bed at \_\_\_\_\_ and rise at \_\_\_\_\_ .  
Date Time Time



As of \_\_\_\_\_ I will go to bed at \_\_\_\_\_ and rise at \_\_\_\_\_ .  
Date Time Time



# PM Routine



When I'm helping my clients create the perfect morning routine for them, I also help them create the equally important, if not more, evening routine. If you'd like to become a morning person and are struggling to do so, it may be because you're not setting yourself up for the best shot at it the night before.

There are a lot of habits and routines you can create at night to help you wind down, enjoy your evening, and set you up for success in the morning. What does that look like for you?





## Morning Routine

A popular area in my coaching practice, is the morning routine I help my clients create. I remember how powerful it was for me when I created a personalized morning routine that allowed me to operate at my best by starting my day in such an amazing way. There is power in planning. Along with clarity, direction, and flow.

If you'd like to get a handle on your mornings and create a personalized morning routine to experience more joy, have more energy, be more productive, and a whole host of other positive benefits, book a [Morning Routine Strategy Session](#) with me! I'd love to help!

I wish you many beautiful, positive mornings in your future!

-love, b

Berta Lippert is a distinguished speaker and trainer of 30 years, and a Mayo Clinic trained and Board Certified Health & Wellness Coach. She has developed and delivered training and inspirational talks to over 30,000 people across the U.S., Europe, Asia and the Middle East. Berta is also a regular morning show contributor, and social media personality helping people live happy, healthy lives, full of purpose and meaning. In 2013, Berta created Destination Angel, a community of thousands from around the world making a positive difference in lives of others.



*Berta Lippert*

**To learn more about Berta,  
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