The Breakfast Club

Research suggests that for most people, the brain is at its sharpest in the first four hours after waking. Not straightaway - it needs time to get up to speed. But then it hits a sweet spot when it is really firing. Brain efficiency can vary, but in the morning it can be up to 30% more active and sharp than it is at other times.

Here’s something else to consider: the longer the day goes on, the more self control problems you will have. If you are trying to give up chocolate, for example, you will rarely crack at 10am. But by 4.30pm, when you are feeling tired, your self control slips. It’s the same with work. If you tell yourself you will start a big project at 3pm or 6pm, the chances of that happening are low. If you set aside some ‘breakfast club’ time - sweet spot time in the morning - you’re much more likely to clear the job.

Do you use your morning independent study lesson to ease yourself into the day? Perhaps checking social media or anything other than studying? If this is something that you do, then you are wasting moments of high brain energy!!

The Morning Routine

With all this in mind, look at your morning routine. Make some notes under the following headings:

➔ What time do you wake up?
➔ What do you do with your first hour?
➔ What are your habits and rituals, your repeated behaviours?
➔ Are they positive? Do they set you up for a good day?
➔ How long do they take? Are they worth it?

Scheduling

Now look at the work you have to do this week. Use the Energy Line to figure out what’s coming up in terms of deadlines, then:

➔ Take your highest priority tasks (or your hardest or trickiest task) and schedule them in morning slots for the whole week.
➔ Commit to clearing them early in the day. Stick with it, and at the end of the period discuss what went well and what needs adjusting as a result.