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Morning is the starting of the day. Many feel that the events happening in the morning determines the rest of the day. For example, having a hearty breakfast and wearing one of the best dresses and going for work makes the day special. But at the same time when the house owner comes in the morning and demands for the house rent, there is nothing else in the world apart from this that sours the day. If we are happy in the morning, we are happy for the rest of the day irrespective of anything in the morning. If we are sad or upset in the morning, there is nothing that can cheer us up for the rest of the day. Morning is the do it or break it situation for the rest of the day. But many donâ€™t give great importance to this great time of the day! There are late risers who donâ€™t realize the beauty of early morning and those who just want to get up, get ready and rush to office and start another day of hectic work and slogging like a robot. Why not make mornings a time to sit and relax a bit and a time to plan a bit for the day, so that the entire day does not go hectic?

The best thing to do in the morning is to get up early! I know many of us start groaning when we hear the phrase: getting up early. All of us are asked to get up early for something or the other: going for classes that we are least interested in, going to the gym, to study, etc. but get up early in the morning to just enjoy the sun rising over the horizon, or go for a long drive in our cars with the windows down (not during the winter season!). It is not only lovely but equally refreshing to breath in the fresh morning air. It is the best way to clear sleepiness more than a strong cup of caffeine. The fresh air of the morning is also fresh and not dusty and polluted as it becomes on the later part of the day. It is nice to ride through a road that does not have a lot of other or filled with traffic that the car has to move inch by inch.

Bathing comes next. I know all of us (or rather most of us!) take a bath in the morning. But how long do we take for a bath? Two minutes or maximum five minutes is all that we take. We donâ€™t take time to scrub the sleep and sluggishness from our body. It has just become a ritual. If it is morning, then bathing is something that has to be done. It is considered more like a chore by many. Though make-up and perfumes cover the lack of bathing time, it always feels good after a good bath.

Next is doing something that all of us like. It can be anything like reading books, listening to music, watching a program on the cable like the Charter Cable, playing a game, etc. any activity that helps in relaxing the mind. This helps in going to office in peace rather than rushing there with hundred and thing on mind which may not be done by the end of the day and carrying the tension back home!

Though there are a lot of thing like going for walks or jogs, exercising, etc. the above are the things that are done for us and for our relaxation, instead of it always doing things related to health and health issues, work or children!

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Samantha Kirk is a freelance writer. Morning is her favorite time of the day and she feels that morning is the time that determines the rest of the day, so she gives great importance to her mornings. She rises early, goes for a drive and then watches her favorite program on her a Charter Cable.

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