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Last updated October 14, 2020 When you become an early riser, you will experience many benefits, including feeling more energetic and having more time to do what you want. If you want to join the ranks of those who wake up with the sun, there are some things you should know before you run to set the alarm. What exactly do you need to do to learn how to become an early riser? Here are 5 tips that I found to be most helpful in making the transition from an unstable sleeper or night owl early in the morning. Choose to get up before you go to sleep You are not very good at making decisions when you have just woken up. You were in the middle of a dream in which the insert celebrity crush choice here serves you breakfast in bed, only to be rudely awakened by the harsh tones of your alarm clock. You are disappointed, confused and surprised. Now is not the time to make decisions about whether to stay in bed! And yet, most of us leave the first decision of our time to be made in the blur of partial wakefulness. No more! If you want to learn how to be an early risers, try making your decision to climb at a certain time before going to bed the night before. This frees you from making a decision in the morning when you have just woken up. Instead of making a decision, you only have to execute your decision from the night before. Easier said than done? Of course. But only the first few times. After all, your need for raw willpower to stick in bed will diminish and you will be the proud parent of a new habit! Steve Peacock invites you to practice putting a few practical lessons in the side during the day without the morning fog in your head.2 Have a plan for your extra TimeLet to say that you actually made it out of bed 2 hours before you normally will. Now what? What are you going to do with all the time you found in your day? If you don't have something planned to do with your extra time, you run the risk of getting caught up in the temptation of morning sleep, which destroys all the work you put into getting up. Before you fall asleep, make a quick note about what you would like to do for the extra hours the next day. You can read a book, clean the garage, or write that working report you've been putting off. Make a plan when you wake up early and you will do more than protect yourself from going back to bed. You get things done and these results will fuel your desire to build growth early in the habit!3. Make Growing Early Social ActivityY online or social media buddies just don't have the pull to make your new habit stick in the long run. The same cannot be said of the people you're with. time as part of your early morning routine. Sure, you can read blogs for two hours every morning, but there would be join an early breakfast club, a running group or play chess in the park at 5am? The more people you get involved in making your new habit everyday a part of your life, the easier it will be to succeed. Consider finding an accountability partner who is also interested in becoming an early stand-up. Maybe it's the neighbor you plan to go for a run with at 6am. Or it could be your husband or wife and you decide to get up early to spend more time together before the kids wake up. Learn more about finding the perfect accountability partner in this article. Don't use an alarm that makes you angryIf we're all connected differently, why do we all insist on torturing ourselves with the same alarm every morning? I spent years trying to wake up before the alarm went off so I wouldn't have to hear it. I did a pretty good job, too. Then, I started using my cell phone as my alarm clock and quickly realized that different ringtones annoyed me less, but worked just as well to wake me up. Now I use the ringtone alarm as a backup for my bedside lamp, which I connected to the timer. When the bright light doesn't work, the cell phone lifts the slack and I wake up on time. Lesson learned? Experiment a bit and see what works best for you as you try to become an early risers. The light, sound, smells, temperature, or even some dodgy that dumps water on you can be more enjoyable than your old alarm clock. Give something new to try! And the last thing you can do is set the alarm at least a few feet from your bed. If it's within your reach of your hand, you'll be tempted to press the snooze button. However, if you have to get out of bed to turn it off, you'll be more likely to resist going back to sleep.5 Get your blood flowing right after waking upIf you don't have a neighbor you can choose fights with at 5am, you will have to settle with more mundane exercises. It doesn't take much to get your blood flowing and chase sleep out of your head. Just choose what you don't mind doing and go through the motions until your pulse is up. Jumping rope, push-ups, crunches, or a few minutes of yoga is usually enough to do the trick. Here are 10 simple morning exercises that will make you feel great all day. (Just don't do anything that your doctor hasn't approved.) If you are going to go for a full morning workout, be sure to give your body at least 15 minutes to move before you start. Drink a glass of water, stretch a little and then get into a workout. If you live in a beautiful part of the world like me, you can use a little of your early morning to go for a walk and enjoy peace around you. If you have a cafe open within walking distance, dragging yourself out of bed for a cup of coffee to enjoy a walk home as the world wakes up around you it is a wonderful experience. Try it and you'll enjoy becoming Riser! Final thoughts Making a new habit is always a problem, especially if this habit forces you out of the comfort of your bed before the sun even up. However, early risers enjoy increased performance, higher concentration, and even healthy eating habits! It's all great reasons to give it a try and get up a few minutes early. Try to get to bed a little earlier and learn how to become an early risers with the above tips and conquer your days. More on how to become an early RiserFeatured photo credit: Nomadic Julien through unsplash.com Last update october 12, 2020 The success of our day largely depends on the quality of our planning. In order not to miss anything in their affairs, some people prefer to list upcoming tasks in a laptop, while others have long started using digital technology solutions. Calendar apps are some of the main tools that are worth using to organize our lives and plan your time carefully. Many people have switched to specific tools; however, there are still some who don't use calendars on a daily basis. They may find some apps inconvenient to use, non-functional or expensive. In this article we are going to check out the best calendar apps to help you stay organized. Before downloading, as you are no doubt aware, there are all kinds of calendar apps available. Instead of sifting through hundreds of them, we've selected the 10 best calendar apps you can get. In addition to rave reviews from each of them, we've covered the following aspects when creating this list: The user interface - How you move the app should be smooth and simple. The buttons on the app should be clear, obvious and easy to navigate. Synchronization - whether with other calendar apps or other apps, app synchronization should be easy and improve overall experience with the app. Additional Features - Because there are so many options for calendars, many of these apps offer additional features. These features make apps stand out from other apps and provide a unique experience for you. 1. Any.do CalendarThis has direct integration with the to-do-Do List Any.do, giving you a unique tandem of two apps. In addition to advanced functionality, Cal Calendar is easy to use. Creating events is very simple and fast. Moreover, depending on the event name, the app automatically adds contacts and geolocation data to the login description. You can even import your lists and entries from Any.do.Any.do calendar is a great option for any type of user. This is very convenient and does not over-complicate the display mode. Another good thing is that The tool is available for free, so you can use it without spending a dime on the software. Download the Any.do calendar here!2. The Google Calendar Calendar Calendar is the official calendar for Android devices that have been tested by many users around the world. If you are now trying to get away from it, consider changing your mind. Since this app is installed on most Android devices by default, many users think that there is nothing special about this program. They're wrong. Google has been updating its calendar for quite a few years now, and now it comes in Material Design with advanced event features, direct integration into other Google services (such as support reminders and Google Now), and comes with Exchange support. The program is super easy and won't cost a dime for you. That's good, isn't it? Download Google Calendar here.3. CalendarCalendar is a relatively new app. It works as a web app for both iOS and Android devices. It's an intelligent application that recognizes your contacts, schedules, and tasks. It will also help you plan and organize meetings according to your available time intervals. The good thing about the calendar is that it allows you to sync with other calendars you use, such as the Apple Calendar and Google Calendar. So you can manage all the calendars that you have in one place. The calendar also gives you an analytics of your meetings, giving you a clear idea of how you can improve time management. Download Calendar: Meeting and Planning here.4. CalendarBusiness Calendar's business is aimed at people who use their calendar for business purposes and planning. It offers different modes with a wide range of configuration capabilities. The app provides the default view mode by month, and events can be marked in different colors. Display/sorting modes can be adjusted to your needs (month, day, year, or event). You can also set up a multi-day viewing mode to see how things look over the next few days. Scrolling up and down moves you by month, and if you check for a few days, they will be shown in more detail. The daytime display mode offers hourly planning, and schedule mode provides a detailed schedule for a single event. The business calendar is a great tool for planning/planning cases, tasks and events. There is support for repetitive events that can be configured in just a few clicks. By purchasing software, you can use it to import and export other calendars, delete, copy, or move multiple events at the same time. The Android Business Calendar app may seem a bit chaotic, but it works fine and easy to work with if you've been playing with it for a while. The full version of the app is available for $4.99, but you can also find the free for a test drive app. Download the business calendar here.5. aCalendaraCalendar opens our collection of the 10 best calendar apps available on the market today. With its eye-catching design, easy navigation and great functionality, this is one of the most popular calendar apps on our list. Some additional features include color schemes for each case type (48 colors to choose from), choice), types of demonstrations, different widgets, moon phases and more. Given its functionality, aCalendar is a reliable calendar app that has an easy-to-navigate interface with three display options. Scroll from side to side allows you to switch between month, week, and day display modes. When you scroll down and up, you move through the calendar at intervals according to your chosen display mode. In addition to the time scheduling feature, aCalendar syncs photos from contact lists or social networks to remind you of birthdays, anniversaries, or any other special dates. The program also supports data transfers through NFC and full-screen widgets, making it easier for you to work with any data. The program is available for free, but you can also get even more features if you buy an advanced version of the software for $4.99.Download aCalendar here.6. The DigiCal Calendar Calendar calendar is very similar to Cal Calendar in that the app focuses more on design than on its functionality. However, this does not mean that the application does not serve a purpose. With this calendar app, you can sync all calendars and view them in different ways. Along with the main features, this program comes with support for Google Calendar, Outlook, and includes some unique and interesting features. You can match keywords with the image or customize a dark theme. The app can even show you the weather forecast for three days. There are many other features that deserve the attention of people who really love to use calendar apps. Download the DigiCal Calendar here.7. SolCalendarSolCalendar can be called a universal application. It claims to be an all-in-one digital solution having basic calendar features combined with some other advanced features such as weather forecast for a particular day. The app supports Google Calendar as well as tasks, widgets, lunar calendar and even Foursquare.Those search calendar apps to cover just everything in its functionality, SolCalendar is a program to consider. There are many interesting things in this app; program does an excellent job working in all-in-one mode. SolCalendar test - the app is available for free. You can check it out without buying the service. Download SolCalendar here.8. IRL Event Social NetworkOne of the most unique apps on this list is the IRL Events Social Network app. As you can guess from the title, the main focus is on this social networking app. Unlike other social media platforms, you can assume that this platform functions similarly Meetup.com. This is a site where you can connect with other people in your area who share a similar interest. Irl what at the same time providing a convenient calendar for you to plan activities and plan your day. Although because it is a secondary secondary You are missing many aspects of the synchronization that other apps have on this list. Even so, because of this huge social function, it's worth considering for those who want to make more connections. Download IRL Events Social Network here.9. Today CalendarToday Calendar is one of the most hip and edgy calendars on our list. The decision was one of the first to really adopt the material design and remains one of the few that adhere to a neat style. The calendar app offers bold colors, simple controls and great functionality. It's not as heavy an app as many others; It won't eat the entire memory of your device. If you're not looking for something complicated and overly functional, today's calendar is what you need. You can always test the app before you pay for it - the program is available for free. Download Today's Calendar here.10. TimepageTimepage is an intuitive calendar app that will manage your time in a way that other calendar apps can't. It offers the same features that you would expect from other calendar apps: the ability to record events, notifications and reminders, weather, and driving the duration of a particular event. However, the app goes beyond these features in two ways. The first way is that while the app sends you notifications, it also has reminders for you for what goes on. This little extra time can allow you to prepare and make adjustments to your day if necessary. The second feature - more importantly - is a heat map when you go to see the full view of your calendar. This heat map shows which days you are most busy on, and other days when you are freer. This heat map provides a quick look to determine widely which days are good to add more events and other tasks. Download Timepage here. Our VerdictSearching for the right application to manage different calendars and plan your busy day can sometimes turn into an obstacle course. Most of us need flexible applications that can be easily used to manage our rigid schedule. The app should have all the necessary time planning features and be intuitive. Stylish design and limitless compatibility also matter. It is not always easy to find such a program. The aforementioned digital calendar solutions fall into the cost of use category. They are modern, multifunctional, light and light. Choose the one you like! More performance apps for better time managementPopular photo credit: Unsplash through unsplash.com unsplash.com srs document for online shopping system free download. srs document for online shopping management system