



Currency


The Ultimate Morning Survival Guide

May 31, 2011

Earn. Spend. Save. Share.







currency


FOLLOW US ON  

HOME DESIGN & HOME LIFE & STYLE DINING & TRAVEL TECHNOLOGY & TOYS Search 


The Ultimate Morning Survival Guide

By JANENE MASCARELLA
May 31, 2011

 Like     



From Contributor

 JANENE MASCARELLA

Janene Mascarella has written about parenting and family life for such publications and organizations as *The Washington Post*, *CNNMoney*, *American Way*, *Self*, *Glamour*, *Cooking Light*, *Women's Health*, *Woman's Day*, *BabyTalk*, *Parenting*, *Parents*, *Family Circle*, *American Baby*, AOL, and iVillage. Follow her on Twitter at [MrsWrite](#).

Other Posts by Janene Mascarella

- > [The Ultimate Morning Survival Guide](#)
- > [Ohm in Your Home: 6 Spa Must-Haves](#)
- > [Super Bowl Office Pool: Is Workplace Gambling Illegal?](#)
- > [Retailer Loyalty Rewards: Are the Programs Worth Your Effort?](#)

The perfect morning routine takes planning, practice—and gadgets.

If every day is starting off in a panic, you may be in need of an a.m. intervention. Here are some bright ideas to get you up and out the door in a timely manner. Power to the morning people.

Begin your day on a positive note. [My Wake Up Call Alarm Clock Messages](#) wake you up each morning with specially structured, five-minute, motivating messages instead of an annoying buzzer or the often-alarming news on the radio. Your mindset upon awakening influences your perspective as your day progresses and it sure does sound like a sweet way to rise and shine. Each month of messages is downloadable for your iPhone/Smartphone or iPod.

\$19.95 (There's also a free iPhone App.)

Start your swishing. [SmartMouth](#) helps you freshen up in a flash without that burning mouthwash feeling. Most people believe this is actually helping eliminate bad breath, but the truth is, that burn is a bad thing. [SmartMouth Advanced Clinical Formula](#) is the first and only mouthwash to combine advanced germ-killing, anti-gingivitis, and anti-plaque benefits with 12 hours of fresh breath—and no, you won't feel the burn.

\$11.99, [Target](#) and [Walgreens](#)

Pack the perfect quickie lunch. Eggland's Best Hard-Cooked and Peeled Eggs, are great to throw in your lunch bag—or in your salad—to fuel up during the day. The low-cal, ready-to-eat snack comes in a resealable package, so you don't have to deal with the hassle of boiling and peeling the eggs. Because who wants to do that first thing in the morning. Eggs are one of the purest natural sources of high-quality protein for muscle development and replenishment of amino acids in the body.

\$2.79-\$2.99, *Six-count package*

NO MATTER YOUR REASON,
YOU CAN SHOP WITH 90 DAYS OF
"Now I Wish It Had WiFi"
PROTECTION.



RETURN PROTECTION
FROM AMERICAN EXPRESS

SHOP PROTECTED

Design & Home Articles



Scrub Down: The 3 Best Green Cleaning Products You Already Own

By MEG FAVREAU



Ohm in Your Home: 6 Spa Must-Haves

By JANENE MASCARELLA



3 Ways to Declutter Your Desk and Divorce Your Mess

By BEN EDWARDS

Blast through breakfast. Batter Blaster is an organic all-in-one pancake and waffle batter in a recyclable whipped cream-like can—and the pancakes are delish. No mess, no fuss. You just shake and squeeze into the pan—the perfect product for those rushed mornings. And if you have a few spare minutes, go wild and make shapes with the batter! Better yet, you won't have to worry about leftover batter—or the dirty dishes it leaves behind. Each 18-ounce can of Batter Blaster makes about 28 four-inch pancakes or eight waffles in minutes.

\$4.99, grocery stores

Strap it on. Fitbit is a fun fitness gadget to get your mind and body ready to go. When you get up in the morning and put it on, the first thing you'll want to do is start racking up those steps! This, wearable 24/7 activity monitor tracks your calories burned, steps taken, distance traveled, and activity level throughout the day. It wirelessly syncs with an online profile where you can log nutrition, sleep, and other activities to get a complete picture of your health.

\$99.95

Who knows—a few gadgets and gizmos tossed into your routine could just get you out the door on time and dare we say convert you to—a morning person?

Want more in Design & Home? Take a look.



Decorate Your Rental with Budget-Minded Strategies

Check thrift stores and garage sales—and don't think you have to settle for something that looks worn-out. [Read More](#)

You might like:

7 Online Shopping Tricks for Spending Less and Getting More (this site)

The Rise of the Sugar Mamma (this site)

Foursquare, AmEx team for deals at SXSW (IntoMobile)

South African regulators allow Wal-Mart deal (USATODAY.com in Money)

25 Great Everyday Uses For Vinegar (Parenting Squad)

Next Post [5 Under \\$50: Bedroom Essentials](#) »

