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3 Ways to Get More Minutes in Your Morning

Who couldn't use 30 (or even 13) more minutes each morning to sleep, pray, or just to feel less hurried going out the door.

Get Dressed the Night Before

Half the battle of fixing dinner is figuring out what to cook. Isn't it the same with getting dressed in the morning? I can spend ten minutes rejecting outfits, (too tight, skirt hits wrong, can't find the shoes that go with these pants,) until I settle (and I do mean settle) for the one thing in my closet that is clean and does not make me look like the last time I shopped was when BananaRama was popular.

Instead of attempting to get dressed in the dark while your husband sleeps (sure, he can just throw on a pair of Dockers and any clean shirt that has most of its buttons,) put together your outfit the night before. I have a friend who plans out her entire week's worth of clothes, only choosing pieces that she loves and feels great in.

Take 3 minutes and pull together everything that you are going to put on your body the next morning (including making sure that the underwear fairy has recently restocked your drawer.) Make sure you know where that necklace you love is tonight so that you won't be scrounging in the dark tomorrow.

Have a home for your purse (and briefcase, and keys...)

Don't spend precious morning moments looking for your essentials. Make sure you have a home for your purse. (My mom hung hers on the same doorknob everyday when she got home from work.)

I am notorious for losing my keys (sometimes they can be missing for days, only to discover they were at the bottom of my purse the whole time.) I now use a great little invention called the Purse Clip (www.purseclip.com). It has a hook to put your keys on, and another hook to latch onto your purse. They come in some very cute designs I got my Mickey Mouse purse clip on a recent trip to Disneyland, and at less than ten dollars, if it can save me five minutes of hunting in the morning - it's well worth the dough.

Stash of Cash

Last Monday, I had to take get off the freeway, find an ATM (in the pouring rain) and get money out so that I could pay the toll crossing on a local bridge - in the process ruining my favorite suede jacket (I was so stressed out about being late that I forgot that suede and rain don't mix.) Not a great day.

Make sure you have some emergency cash in the car for all those little emergency: Light Rail fare, lunch money, allowance, field trip money. Don't waste precious morning moments waiting at the ATM for that extra \$20.

Stash other things as well - an extra Lean Cuisine for the days you will be tied to your desk, extra tubes of toothpaste so there are no late night Safeway runs. Think about the things that hang you up in the morning, and how to avoid the delays.

