

The Ultimate Morning Routine for Women 40+

A slow, intentional morning that supports the woman you are becoming.

Mindset

Movement

Hydration

Skincare

Fuel

"Your morning is your foundation. Before the world gets loud... You get to choose how you begin."

Jax Stys | The Midlife GlowGetter

WHY YOUR MORNING MATTERS

When your morning is calm and structured, everything else feels easier. Your choices improve. Your energy improves. Your mindset improves. You feel more in control, more grounded, and more like yourself. This guide gives you the ritual that makes that happen, every single day.

Jax Stys wakes up at 4:00 AM every day. She is a Certified Life Coach, Midlife Lifestyle Creator, and host of The Midlife GlowGetter Podcast. As of September 2026, she has lost 200 lbs and rebuilt her entire life. Her morning routine is the foundation everything else is built on.

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Why This Morning Matters

This is not about doing more. This is about doing things **better**, slower, more intentional. Because when your morning feels calm, your life feels calmer. And that is what we are building here.

CHOICES

When your morning is intentional, your decisions all day long improve. You react less and choose more.

ENERGY

A structured morning activates your body and mind before the demands of the day take over.

MINDSET

Your morning is the only time the world is not yet asking anything of you. Use it for YOU.

1 Wake Up Earlier: Your Quiet Advantage

Waking up early changed everything for Jax. She wakes at 4:00 AM. And yes, that might sound extreme. But here is what she found: the earlier you wake, the more time you have for **YOU**. No noise. No pressure. No distractions. Just peace. And that time becomes yours.

You do not have to wake up at 4 AM. But try waking up **30-60 minutes earlier** than you currently do. Even that small shift can change your entire day.

◆ GLOWGETTER TIP

The night before is where your morning wins or loses. Lay out your workout clothes. Prep your supplements. Set your Happy Light timer. When you wake up, remove every decision and every obstacle. Just get up and move.

2 Remove Friction: Make It Effortless

One of the most powerful morning habits Jax uses: she sleeps in her workout clothes. When she wakes up, she does not have to think or decide. She just gets up and moves. This removes friction. And friction is what stops most people.

- ☐ **Sleep in your workout clothes**
Eliminate the decision entirely
- ☐ **Set your water bottle out the night before**
20-30 oz ready to go
- ☐ **Prep your supplements in advance**
So you never skip them
- ☐ **Use a Happy Light**
Reset your circadian rhythm and signal your body to wake up
- ☐ **Put your phone across the room**
So getting out of bed is non-negotiable

My Morning Routine: Step by Step

Not perfect. Not complicated. Just consistent.

1

Wake Up + Bathroom

Bathroom routine first • Tongue scraping • 20-30 oz fresh water + lemon + pinch of salt

This wakes your body up from the inside out.

5

Visualization

See the woman you are becoming • Picture the life you are building

Your brain needs direction. Give it the image first.

2

Morning Support

Espresso or coffee • IM8 or your morning supplement blend

Simple. Nothing overwhelming.

6

Breakfast

Simple and balanced • Protein + fiber • Fuel, not reaction

You want to feel steady, not starving or craving.

3

Quick Check-In

Emails: brief scan only • Social media: quick check • Banking: balance review

Not for long. Just a grounded check-in before the day begins.

7

Get Ready

Quick shower • Body oil + lotion • Skincare routine • Hair + get dressed

Do not rush this. How you show up matters.

4

Move Your Body

Stretching or yoga • Walking (indoor or outdoor) • Cardio • Bodyweight exercises

Non-negotiable. Even 15-20 minutes gets your blood flowing and sets the tone.

8

Journal

Thoughts and intentions • Gratitude: 3 things • Reflections

This clears your mind and helps you move into your day with purpose.

Your Simple Morning Flow

Wake Up	Hydrate	Move	Mindset	Fuel	Get Ready	Journal	Go!
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At-a-Glance Morning Checklist

- **Wake Up Earlier**
Even 30-60 minutes earlier makes a real difference
- **Hydrate**
20-30 oz water + lemon + pinch of salt, before anything else
- **Happy Light**
Turn it on while you hydrate to reset your body clock
- **Movement**
Walk, stretch, cardio, or bodyweight. Non-negotiable
- **Visualization**
See the woman you are becoming and give your brain direction
- **Support**
Coffee/espresso + supplements + any morning stack
- **Breakfast**
Protein + fiber: fuel your body, do not skip this
- **Get Ready**
Shower, skincare, hair, outfit. Show up as her
- **Journal**
Thoughts, intentions, gratitude: clear your mind
- **Go!**
Grounded. Focused. Ready. Not rushed. Not reactive.

5 Optional Add-Ons to Build Over Time

Read Read 5-10 minutes of a book that supports your growth and feeds your mind.	Podcast Listen to something that inspires or teaches you while you get ready.
Gratitude Write down 3 things you are thankful for. Watch your mindset shift over time.	Plan Write your top 3 priorities for the day. Keep it simple. Three things only.
Outside Step outside for 5 minutes for fresh air and sunlight change your entire energy.	

Start small. Stay consistent. Build your rhythm. You don't need to do all of this at once. Pick a few things. Start there. Build slowly. Because your morning is where your new life begins. And you deserve a life that feels that good.

Want to go deeper? Ask about Group Coaching: Hello@JaxStys.com • jaxstys.com/contact • DM @JaxStys