



## Our Readers Share How They Wake Up Well

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OUR EDITORS  
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For the past year or two, we've been hearing from some of our favorite founders, influencers, and creators about how they start their mornings. But morning routines are so varied based on our occupations, ages, familial obligations, and more — so we turned to you!

We asked our readers to share their morning rituals, practices, and favorite ways they start each day, and WOW! We are so inspired by these beautiful and diverse answers. 🇵🇷☕🐕🐕

Though many of these routines have overlap (lots of water, dog walks, and journalers among us!), we grouped these responses by **loose themes** that capture the essence of each person's priorities and practices. Read on for inspiration from our own community for how to wake up well.

If you haven't shared your morning routine with us yet, let us know in the comments how you greet the day. And be sure to [sign up for our daily newsletter](#) — our own way to infuse your inbox with 30 seconds of joy every morning. ✨

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### Creativity, reflection, and finding mental clarity

"Every morning, I wake up, turn on KUSC (classical music station), get a cup of coffee, and curl up on my couch with a good book. I'm an overly busy person with way too much on my plate, but if I start the day off by reading (followed by yoga), I feel better and I accomplish more. My life has changed for the better since I stopped scrolling my phone in the morning, and pick up a book instead!" — Katie E.



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