AUTUMN
morning guide

Everything you need to know about mornings
in this season and how to make them work for you

Autumn is the season of return - back to structure, back indoors, back to yourself after the expansive energy of summer.

However, as the daylight reduces, your biology shifts: melatonin lingers longer into the morning, cortisol rises more slowly, and darker mornings feel more challenging..

And yet, autumn is also one of the strongest seasons for building or returning to a morning habit - if you know how to work with it.

This guide is here to help you do exactly that.

key dates

Meteorological autumn: 1 September – 30 November
Autumn equinox: around 22–23 September
Clocks go back: last Sunday of October

MORNING
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Your Autumn Routine

1

Remove friction the night before. Clothes laid out, a warm layer and socks within arm's reach, water by the bed. The fewer decisions you face in the dark, and the warmer those first few minutes feel, the more likely you are to actually get up.

2

Make the most of the crisp mornings while they last. Early autumn mornings have a quality that's hard to beat - crisp air, golden light, and a stillness before the day starts. Even ten minutes outside before it gets truly cold is worth building in.

3

Use bright light within the first 20–30 minutes. A light therapy lamp or your overhead light is what actually signals wakefulness to your body - soft lamps and candles feel cosy but don't carry enough intensity to suppress melatonin. Save the soft lighting for evenings!

4

Lean into the "return to routine" energy of early autumn. This season naturally feels like a reset - if your summer was inconsistent, don't judge yourself for it. Just begin again.

5

As the clocks go back, your usual session time might feel earlier than before. With five session times to choose from for LIVE members (6am through to 8am), it's worth revisiting which slot works best for your new rhythm.

Autumn Morning Ideas

Get outside for a walk. Autumn mornings have a quality that won't last - crisp air, golden light, leaves turning. Even ten minutes outside while the season is still generous is worth building in.

Learn something new. September has a back-to-school energy that's real - use it. A new podcast on your walk, an article over breakfast, or a course you've been putting off. Autumn is one of the best times to start something.

Make food from scratch. It's harvest season - the ideal time to slow down in the kitchen. A warming breakfast, a new recipe, something with apple or squash or spice. Cook it properly, sit down, eat without your phone.

In the Members Area:

📅 MONTHLY MORNING RESET

The perfect autumn ritual:
a structured way to return to your mornings with intention at the start of each month.

📊 MORNING TRACKER

One of the best times of year to start tracking. Watching consistency build through autumn is highly motivating.

⚡MORNING CHEAT SHEET

Everything you need at a glance.

📋 MMC MORNING ROUTINES

Structure is everything in autumn. When you don't want to think, these tell you exactly what to do.

🛋️ LYING DOWN MMC & CHAIR MMC

Full sessions built for the cosier mornings when getting up feels like a lot.

🎧 AFFIRMATIONS AUDIO

A warm, grounding way to start on the darker mornings.

MORNING MOTIVATION CLUB

Autumn Prompts & Affirmations

Autumn is asking me to slow down, and I'm listening.

The changing leaves remind me that letting go is natural.

I wrap this season around me like a warm layer.

Every autumn morning is a fresh start.

Autumn is my season to begin again.

What am I ready to return to, after the openness of summer?

What do I want to release as the season changes and what do I want to carry forward?

What would I love my mornings to look like by the end of the year?

MORNING MOTIVATION CLUB

FAQs

I was consistent all summer - why does autumn feel harder?

Because it genuinely is harder. As light reduces, melatonin lingers longer into your morning and cortisol rises more slowly - your body has fewer signals to wake up. You haven't lost your habit. You're just working against a different set of conditions. The fact that you showed up more easily in summer doesn't mean you've regressed. It means autumn is a new challenge, and you're now equipped to meet it.

I always fall off around the clock change - is that normal?

Very. The clock change is one of the most disruptive moments of the year for morning routines - darker evenings arrive fast, and your body clock takes 1–2 weeks to adjust. If this happens every October, you're not someone who can't do autumn. You just haven't had the right toolkit for it yet. Adapt your routine using the guidance here and keep going.

I'm dreading the dark mornings - is that normal?

Completely. Anticipating darker mornings can feel almost as hard as the mornings themselves - especially if you've struggled in previous autumns. What's worth knowing: your body has more resilience than you expect, and the first truly dark morning is often easier than the ones you imagined in advance. Stock your toolkit before the dark mornings arrive, decide in advance what your minimum looks like, and meet each one as it comes rather than bracing for all of them at once.

What if I fall off my routine?

You begin again. That's it - no drama, no starting from scratch. You've already built the neural pathways, the habit memory, the sense of what it feels like. Falling off is part of every long-term habit for everyone, without exception. The only question is how quickly you come back and the answer is always the same: the next morning. Restart small. Your 2-Minute Emergency Morning counts, a lying-down session counts, five quiet minutes counts. For a more intentional return, the Monthly Morning Reset is there for exactly this.