

The First Thing These 6 In-house Lawyers Do Every Morning

Career Development



Unless you're a morning bird, waking up without hitting the snooze button is a triumph. After all, how you start your day will noticeably impact your work performance.

So, what's the secret to having a good morning — and great rest of your day? We reached out to a few in-house counsel to share the first thing they do every morning, so that you can make the most of your waking hours.



Whenever I can, I start with a morning swim. It’s great exercise, and it helps clear the mind. After I’ve finished my laps, I feel relaxed and ready to take on the challenges of the day — whatever they may be.

– Brett Dakin, General Counsel at Child Mind Institute



My routine starts the night before, when I write down the goals I want to accomplish and set time on my calendar for them. I always target the early morning because I've come to appreciate the peaks and valleys of my productivity (and the demands of my role), but the real key is eliminating all distractions during blocked time, such as your phone, email, and Slack (including any notifications).

– Kevin Fumai, Assistant General Counsel at Oracle



My best days are the ones that start with an emphasis on health, wellness, and mindfulness. After waking up, I'll perform a 10-minute meditation, followed by drinking a lot of water, 20-30 minutes of exercise, and a healthy breakfast. Not all days are perfect, but the ones that follow this routine allow me to start and end the day more centered and focused.

– Mary Gritzmacher, Corporate Vice President, General Counsel, and Secretary at CoorsTek



I start my morning by remembering what three things/experiences I was grateful for the day before and aspire to find three things to be grateful for that day. Then I head out for a run or workout after some playtime with our baby girl, before relishing my Nespresso and embracing whatever the day brings.

– Jasmine Karimi, AGC – Regional Counsel, APAC at FMC Corporation and ACC Singapore Chapter President



Get on my rowing machine to row for a few miles.

– Robert Roelofs, Former Senior Vice President Legal, General Counsel, and Secretary at ASML Holding NV



I start my day sitting on my deck and slowly drinking a cup of coffee. About halfway through, I open my calendar and mentally prepare for the meetings that will occur throughout the day. It helps me to set the pace, tone, and tenor of the day!

– Maggie Warren, SVP, General Counsel at Vertafore

For more morning motivation, see how other GCs plan their routines in our “Day in the Life” series.

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