




“If for any reason I’m not able to do my morning routine, I will literally find a time within my day to book out to make sure it is done.” – Tami Halton Pardee 

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Tami Halton Pardee is currently ranked the number one real estate broker in Los Angeles. Founder of Halton Pardee + Partners, a company which has to date sold over \$2 billion worth of residential and commercial real estate, Tami currently lives in Los Angeles, California, with her four children.



What is your morning routine?

I wake up at 5:30am, put on my workout clothes, and I grab my little hand weights (4-5 lbs, depending on the day). I get my music and headphones and walk down to the beach; it’s about a mile from my house. On the way, I get a Starbucks and leave my weights there (my friend John is always at the Starbucks every morning at the same time, he watches them for me. I have a bunch of people that are now a part of my morning routine and have become my morning buddies!)

I go to the lifeguard stand at the beach and I either do a meditation there, or I dance to 3-4 songs (current favorites include *Brave* by Sara Bareilles, *Shake It Off* by Taylor Swift, *Living Inside My Heart* by Bob Seger, *Love My Life* by Robbie Williams, *Born This Way* by Lady Gaga, *Into You* by Ariana Grande, and *She's Every Woman* by Garth Brooks.) It's awesome; there's no one there and I just get to breathe and reflect and take time and make space for myself for the day. After that I come home, get all four of my kids up and make breakfast and lunches for them, and talk to them about their day before taking them to school. Once I get back, I finally get to have my breakfast!

How long have you stuck with this routine so far?

I've been doing this for the last two years and, literally, I can't miss it. Even if I'm away on business, I wake up and walk the new city. It's part of my soul at this point.

I have four kids who are totally aware of my morning routine and know that my walk is necessary. My oldest daughter is thirteen and she takes care of the kids in the morning while I go on my walk - she always knows where I am.

How has your morning routine changed over recent years?

I just started the dancing part about six months ago when I realized how much I love to dance but never get to do it. I used to only get to dance at weddings and I thought to myself, "No one is going to see me on the lifeguard stand at 5:30 in the morning, so why not?" It's been kind of fun. If I get there a little later, around 6:00am, some surfers get to see me dance. I love my routine and don't want to change it!

What time do you go to sleep?

I usually go to sleep around 10:00pm. Sometimes, I'll fall asleep with my kids at around 8:00pm.

Do you do anything before going to bed to make your morning easier?

At night, what I do with my kids, since I want to spend time and connect with them, is I rub their feet with lavender oil and talk to them. I usually do this for 5-10 minutes with each of my four kids. It's really nice and the lavender oil even helps everyone sleep better. It's become a nightly ritual.

Do you use an alarm to wake you up in the morning, and if so do you ever hit the snooze button?

I don't usually need an alarm, but I always have it set for 6:00am as a back-up, just in case. I normally wake up between 5-5:30am on my own, though.

How soon after waking up do you have breakfast, and what do you typically have?

For breakfast I have two eggs or a power bar, or if I'm in a hurry I'll grab the spinach wrap at Starbucks. I usually eat breakfast when I get back from taking the kids to school at 8:00am.

Do you have a morning workout routine?

My morning ritual is also my workout and spiritual routine every morning. I always take my morning walk with weights, though, so my arms get really toned.

Do you answer email first thing in the morning or leave it until later in the day?

I don't look at any emails, or even any media on my phone, until after I get back from my morning walk.

Do you use any apps or products to enhance your sleep or morning routine?

I don't use any apps or products to sleep, but I do enjoy my meditations in the morning, and of course my playlist full of inspirational songs that I always listen to.

How soon do you check your phone in the morning?

Not until after I get back from my walk.

What are your most important tasks in the morning?

My *most* important task in the morning is getting my kids to school on time!

What and when is your first drink in the morning?

Water right away, and then coffee!

Do you also follow this routine on weekends, or do you change some steps?

On the weekends I sleep a little bit later, usually until around 6:00-6:30am, and then I resume my normal routine.

On days you're not settled in your home, are you able to adapt your routine to fit in with a different environment?

If I'm in a different city, I always continue my routine. I'll find out from the hotel at night the best walking path for the morning. It's awesome and it's a great way to explore a city, too.

What do you do if you fail to follow your morning routine, and how does this influence the rest of your day?

If for any reason I'm not able to do my morning routine, I will literally find a time within my day to book out to make sure it is done. The only time that really happens is if I had a specific hike I wanted to go on that day, but I still usually try to do both.