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ENC1101C

2 February 2033

The Best Part of Waking up

I shuffled into the kitchen, bleary eyed and cold. I have never been a morning person, and my disposition is even worse when the weather is bad. The best way to get me out of bed on a cloudy Monday morning is the smell of coffee wafting through the house.

Waking up to hot coffee takes planning. Fortunately, I had programmed the coffee pot to start brewing at 6:00 a.m., so my coffee was ready before I was fully awake. When I came downstairs a few minutes after my alarm went off, I could hear the brew splashing on the bottom of the pot as the boiling water seeped through the coffee filter.

I watched impatiently as the pot filled. My coffee machine is fancy enough to have a 30-second delay if one removes the pot during brewing, but I do not want to risk making a mess in my kitchen if my tired brain cannot pour a mug quickly enough. Instead I waited until the dark brown liquid – almost dark enough that I could not see through it – filled the pot almost to the brim.

My mug was ready. I had pulled my favorite coffee cup out of the cabinet – it is a galaxy pattern, and the TARDIS from Doctor Who disappears on one side and appears on the other when it is full of hot liquid. I watched the magic blue box disappear from the side of my mug as I poured piping hot coffee.

I sat at the table to browse Facebook on my phone while my drink cooled. I have a bad habit of burning my tongue on hot beverages, so I like to sit with my hands wrapped around the warm mug, smelling the delicious drink I am about to consume. I had purchased coffee with a slight orange flavor last weekend at the store, so despite the cold weather outside, I still had a tiny hint of summer in my cup.

Finally, I was able to drink my coffee without burning myself. I enjoyed the sweet yet tangy taste from the mixture of coffee beans and orange. Warm, awake, and rejuvenated, I was ready to start my day. Over time, I’ve learned that this morning ritual gets me on track to have a good day.