

Mastering Your Morning Routine

What is the first thing you do when you wake up? If you're thinking negative thoughts about what happened yesterday, rushing and stressed out to get ready, slamming back a cup of coffee to wake up, holding your stomach in pain, things need to change!

Something that I have found very useful for me is creating a morning routine that I do in order to set myself up for the day.

Below is a series of questions and examples that can help clarify and create a personalized morning routine for you.

What is the first thing you do when you wake up? (Being aware of current situation is the first step)

Example: Think about yesterday, stress over what I need to do, check my phone, etc.

Choose one, two or a few of the following mind exercises to clear your thoughts before starting your day:

- 2 minutes deep breathing (if you are stressed or anxious)
- 5-20 minutes guided meditation (relax and bring awareness to body)
- 5 minutes journaling (relaxing, reflecting, writing a plan for the day calmly, feeling gratitude)
- Reading minimum 10 pages of a book (wakening the mind)
- Listening or repeating affirmations (state of positivity, excitement and abundance)
- Other.

List them here:

Choose one, two or a few of the following body exercises to wake your body before starting your day:

- Splashing your face with cold water, rubbing under the eyes and beside the nose (will wake you up)
- 5 minutes self massage (begin moving lymphatic system and wakening muscles)
- 5-10 minutes yoga or stretching routine (wake up your body, reducing fatigue and stiffness)
- Morning workout or run outside (move lymphatic system and create lasting energy)
- Listening to your favorite song and dancing while you get ready (wakes up your body)

List them here:

Begin small, by choosing 1 simple exercise from each list (mind and body), and commit to doing it upon waking for at LEAST a week to see how you feel. Then, if you are comfortable, begin adding additional practices, or come up with some on your own.

After the week

Questions:

How did you feel?

Any observations?

What did you learn?

What will you do next week? Any new exercises to choose from or you came up with?
