



## MORNING RITUAL IDEAS

Prepare in the evening to avoid sleep disruption; clothes, meal prep

Eliminate the alarm – wake up to daylight ([sleepcycle.com](https://sleepcycle.com))

Practice gratitude – induces positive emotions

Set your intentions, visualize it, align calendar and activities

Use positive self-talk by declaring 'How might I make today a good day?'

Streamline your style; simplify colors, fabrics and style to reduce decisions

Indulge in self-care; morning is best, what feels best to you

Rely on essential products and services important to your day

Have visual aids that help you express yourself; vision boards

Eliminate energy drains by fixing nagging things early in the day

Reduce mind chatter by getting your to-do list on paper/phone

Nourish + hydrate your body with H<sub>2</sub>O + fill your belly

Cleanse your energy – visualize golden light showering over you

Meditate, pray ([headspace app](https://www.headspace.com) for guided meditation)

Stretch, yoga, walk or workout, dance ([KINRGY app](https://www.kinrgy.com) is great)

Enjoy a cup of coffee or tea and listen to a podcast or audio book

Say your favorite affirmation (post it on bathroom mirror)

Check in on self awareness – how will you be mindful throughout day

If you can't get movement in, do 'fire breath' to energize

The goal is to exercise a higher level of consciousness to start your day

Do what works for you