



# How To Create Your Morning Routine





# Thinking Back....

My old morning routine feels like it belongs to a different person. I used to work as a server – so my hours were insane. I would go to sleep at 2 am and wake up at 10 am – completely exhausted even though I just got 8 hours of sleep. Upon waking up, I would INHALE leftovers from my 2am dinner (usually spaghetti or a burrito or something REALLY high carb...as my bff would say “you might as well just staple it to your ass”. I was not nourishing my body.)

This lion vs. gazelle like breakfast would happen in front of the TV with a huge cup of coffee and phone in hand. I knew I should have been doing things differently. I felt terrible because I knew I deserved more from my days. I was just going through the motions and didn't feel connected to myself.

When I decided to try a morning routine, I was resistant at first because I had never been a morning person. Seriously, if you spoke to me before I had coffee it was not safe. But in realising I wasn't prioritising self-care, I was freaked out. How could I NOT prioritise myself? How could I do that AND expect CHANGE?



# Continued....

Having routine gave me control over my life. I was able to start being proactive, take my life into my own hands and feel like I was doing everything in my power to be happy. I started feeling confident every morning and waking up energized!

It's super important to understand that everyone's morning routine is going to be different – because we aren't the same. This is why I have included a list of things YOU can do at the end so you can implement them into your routine and see how they fit. What works for me might not work for you. But it's so important to remember that you are WORTHY of this time with yourself. You can implement a routine no matter what's going on in your life or where you're starting from. I had never journaled before, and now it's my favourite part of my day.

Whether you have to be at your desk by 7:30am, love or hate getting up for early for a workout, work super late nights or have 3 kids, take this sacred time to do something for you, that makes you happy and sets the tone for your lifestyle. It's a simple (yet powerful) way to know that you are caring for yourself.

My routine has evolved as I have- and yours will too! Don't worry about doing all the things on day one.



# Tips For An Awesome Routine

- No phone an hour before bed – being on social media, feeding your brain with things to think and worry about right before you're trying to wind down is not going to help your body or mind settle.
- Don't eat right before bed
- Clean up before bed so the first thing you see in the morning isn't a big mess from dinner the night before or your clothes on the floor.
- Take baby steps- add one new thing to your routine every week so you can see what actually works for you. Not a morning person? Keep it simple! Do what works for you!
- Implement a night routine so everything is all set up for you the next day!
- Wake up at the same time every day and don't hit snooze.
- Don't check your phone until you've done your routine. Think about what you're allowing into your mind **FIRST THING**. Is it love? (Or is it a picture of "stacys trip to Mexico with her hunky boyfriend and wow she looks good I wish I looked that good I wish I could afford to go to Mexico and then I would have some cool new pics to post and jeez now people will think that Im not as cool as Stacy cause I don't have any Mexico pics and maybe I suck, have no self-worth this is depressing." Yikes.)





# My Morning Routine

7am – wake up turn on the kettle, squeeze half a lemon into a mug. Turn on the coffee machine. While the water is boiling and coffee is brewing, I make my bed and light a candle and sit in meditation spot.

Then I meditate for 10 minutes (usually unguided in the morning because my mind is already quiet and focused as I haven't filled it with anything yet!) . I focus on my breath and my mind being still.

Then I move to the floor to do some light stretches to wake up my body. I do 15 minutes of yoga. Paying attention to my body and how it's feeling that day. It's also amazing to start your day off by connecting to your body in a loving way. No judgement here. Just feeling what it's like to be in your body! Besides a few sun salutations - I normally don't stand during this morning practice. I try and keep my poses to ones that can be done from seated or lying down.

I don't normally work out in the morning because my mind is sharpest when I first wake up and I prefer to use that time to get work done. But to each their own.

Then I break out my journal and sit at my desk. Here are some of my favourite prompts:

- How are you feeling today?
- What are you grateful for? (Make it different every day!)
- What is your intention?
- What are your goals of the day?
- How can I live like my highest self?
- How is my body feeling?
- What can I let go of? OR What can I overcome to make this day GREAT?



I post my intention for the day at my desk or in a place where I can see it throughout the day. This helps keep me grounded and focused. Then I schedule out my day using my planner. I prioritize my tasks so I tackle the most important one first.

Then I remind myself of my big, long term goals. To gain clarity I ask myself - "What can I do today to help me achieve my BIG goals?"

Next, I shower, take care of my body and get ready for the day.

I eat a really light breakfast - normally some fruit (sometimes with coconut yogurt and granola) or smoothie. My favourite smoothie includes: Yogurt, mixed berries, mango, banana, spirulina, hemp hearts, chia seeds, and flax. Drink lots of water.

Then I sit down at my desk and start working! By this time I have taken care of my mind, body and soul. I feel a sense of completion after doing my routine! It helps me make sure I am taking care of myself even when I'm stressed or away from home.





# Building Your Routine

Pick a morning to wake up early this week and allow your body to move slowly and calmly - not rushing to get out the door for work. FEEL what works for you. Do you want to move your body? Or does waking up slow feel more natural. Pay special attention to where your mind goes first thing in the morning - does it jump to judgement? How can you be more mindful in the mornings? How can you start your day with love for your mind, body and soul?

Here's a list of some awesome habits to implement to your morning. Start by picking one habit from each category that speaks to you and try it every morning for a few days, then add another, then another. This is about building a routine that works FOR YOU.

## Move Your Body:

Yoga  
Light Stretch  
Run  
Walk  
Workout (gym or home)

## Turn Inwards:

Meditate  
Breathwork  
Journaling  
Pray/ Give thanks  
Free Write  
Gratitude Journal

## Set Yourself Up For Success:

Recite daily affirmations  
Visualize the day you want  
Add to/Create Your vision board  
Read a personal development book

## Self care:

Grooming routine (not just brush teeth and wash face - What will help you love your body this morning?)  
Body Scan  
Lemon water  
Eat a healthy breakfast - focus on nourishment.

## Other:

Pull a tarot card  
Dance party while you get ready (cause why not!)  
Listen to a motivational podcast

# Write Out Your Routine Here:

Post on bathroom mirror or beside bed!



