

# Morning Routine

Without the right start to the day sometimes, mornings can be stressful, exhausting and overwhelming, before the day even begins.

Follow these steps to help you live with purpose, find your bravery in every day and make it a brilliantly brave start to your day.

## Living with Intention

Finding purpose in your day can help you stay focused.

On waking think about what your intention is for the day?

You can put your intention down on paper, on a post it note or just say it in your mind.

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## Upon Waking

Think of 5 things you are grateful for before opening your eyes. It can be anything at all, even being grateful for the bed you are in.

## Journaling

Before the day begins can be an excellent time to start your daily pages, your goals for the day, and taking note of the daily affirmation, or you can start a new journal writing down your dreams or your life desires. Do this for a minimum 10mins.

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## Meditation

Before your day starts is a great time to meditate. Give yourself 5 – 10 mins to ground yourself for the day ahead, where you can connect to your authentic self.

## Stretching/Exercise

After a long nights sleep, it is wonderful for your body to get the blood flowing, you can do some simple stretching, go for a walk or doing some yoga.

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## Lemon Water

Having warm water with a squeeze of lemon helps our gut flora and immune system. Instead of coffee or tea first thing, try lemon water and feel your body come alive.

## Listen to something inspirational

To help lift your energy for the day, find something inspirational to listen to while your day begins, it could be music, a podcast or a YouTube clip. Anything that makes you feel good.

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## Healthy Breakfast

A healthy breakfast is the most important meal of the day. It sets you up for success, your brain will function better, your body will function better and you will feel more energised.

Give yourself permission to make time to have a wholesome breakfast each and every day, and notice what a difference it makes to your day.

Enjoy Your  
Brilliantly Brave  
and Beautiful Day!