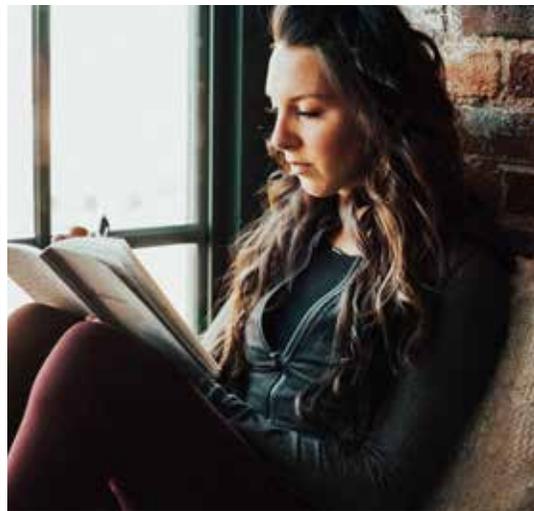


# MORNING *routines*



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# rise & shine

Your morning routine plays an essential role in your success, your mood, and your overall life! By committing to establishing this practice I am confident that you will see changes in your focus, your mood, and in how much you're able to accomplish.



Personally I've always kind of had a thing for routine. But even if you've never really been a routine-kind-of-person, I have a feeling that you will adapt in no time. Because our brains like routine and the structure provided by regular morning practices, simply makes you better at handling all the unexpected things life can bring.

# set the tone

For me, having my morning routine prepares me to show up as my best self. From all the encounters I will have, to the energy I bring when I walk into a room, to how I wash the dishes. They say how you do the little things is how you do everything and after practicing these habits now for over two years I have to say that I am more in tune with myself.

## THIS MEANS:

- ✓ I'm more decisive
- ✓ I respond more effectively to conflict (less reactive)
- ✓ My happiness is less dependent on external things
- ✓ I'm calmer
- ✓ I'm a better listener
- ✓ I have better focus

“When you are in touch with your body and heart, it allows you to then be in the world and act with intention and clarity and kindness” - Tara Brach

# hydrate

First thing I do is pee, then I guzzle water or water + electrolytes (diluted pedialyte is great), or lemon water. I also sip on branched chain amino acids (BCAA's) throughout the day. I aim to get at least 16 oz of water first thing. Over the course of the day you should drink at least half your body weight in ounces of water per day.

# get dressed

The night before I lay out my entire outfit, including my shoes and socks so that I am ready to GO!

# make your bed

No matter what your day holds, it's always nice to return home, to a made bed. You get to end your day with one of the first things you accomplished. I also like catching glimpses of my made bed from other rooms in the house. Somehow it makes me feel like I've got my sh\*t together.

# get moving

I have my pup to thank for this one. After I get dressed I take him out first thing, rain or shine, and the loop we do usually takes about 10 mins.

# get alkaline

1 TBS ACV  
Ginger  
Cayenne  
Garlic  
½ TBS oregano oil

1 TBS ACV  
1 TBS coconut water  
½ TBS Macadamia Nut Oil

Freshly juiced lemon  
over ice and diluted  
with water is SO  
unbelievably refreshing!

I will sometimes prepare this concoction the night before but it's also simple enough to mix together in the a.m. Either way I like Braggs Apple Cider Vinegar and as far as oils go I aim for organic and cold-pressed. I take one of these mixtures just like a shot. Weather you sip on them or toss 'em back, either way these combos are great for revving your metabolism.

# protein

I get this in with my coffee. I make a protein shake with unsweetened vanilla almond milk and use it to make a cafe au lait (half coffee and half protein shake). This is the only time of day I drink coffee and I usually have about 8-10 oz. I pour this mixture into a mug, grab a glass of cold lemon water, then take cuddle up on my couch for the next step.

“The obstacle is an advantage not adversity. The enemy is any perception that prevents us from seeing this.” - Ryan Holiday

# journal

With my coffee and water by my side I like to get cozy, light a few candles and begin journaling. For me journaling doesn't have to be limited to just me writing. I often listen to an episode of [Tara Brach's podcast](#) and when I hear something that intrigues me or she poses a question, I'll pause it and journal my responses. Personally I don't really follow any particular structure when journaling, but I realize that this is not the case for everyone. Often people say to me: "I don't know what I'm supposed to write about". I get that it can feel overwhelming so I've provided some links below with some pretty incredible resources that'll help you find your groove. And remember like most things it's not a one-size-fits-all. Some people are more comfortable with bullet points than writing pages of text. Try the different styles below and find what works for you!

## different types of journaling

- ✓ Gratitude
- ✓ [Stream of Consciousness](#)
- ✓ [Writing to your intuition](#)
- ✓ [5-Minute Journal](#) + [The 5 Minute Journal App](#)
- ✓ [Morning Pages](#)

Just a side note: I don't believe you HAVE to journal (or do any of these particular activities for a designated amount of time every.single.day for them to be effective). I've heard people say they journal for 20 mins everyday but for me I just journal for however long I FEEL like, I don't time it. Bottom line: find what works for you!

# find your focus

It's easy to constantly focus on checking off the boxes of our to-do lists and obsessively plan for what's to come. However this can be detrimental to your happiness as it leads to a future-focused mentality. Psychologists say that anxiety is a focus on the future, so taking a few minutes every day to practice appreciation acts to counter-balance these effects.

To avoid redundancy when it comes to completing the sentence “I am grateful for . . .” I suggest considering a couple different categories. By doing this it will help prevent you from running on autopilot and repeating the same items. You can only write “my good health” “my loving dog,” etc...so many times before it seems pointless. I know I had trouble with this, and it kind of defeats the purpose. I find the following categories helpful when it comes to identifying what you are grateful for. I recommend picking three:

## gratitude categories

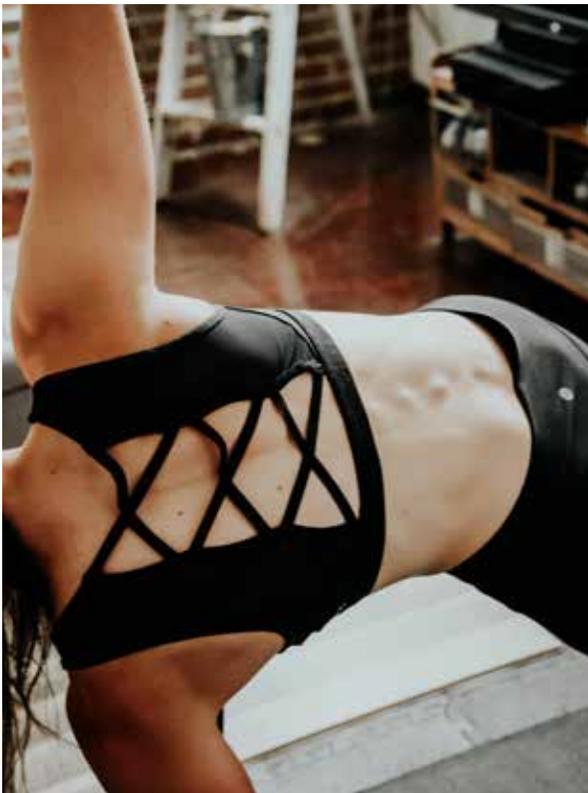
What are you grateful for in the following categories?

- ✓ An past relationship that really helped you, or that you valued highly
- ✓ An opportunity you have today
- ✓ Something great that happened yesterday (whether you personally experienced or just witnessed it)
- ✓ Something simple near you or within sight

# movement

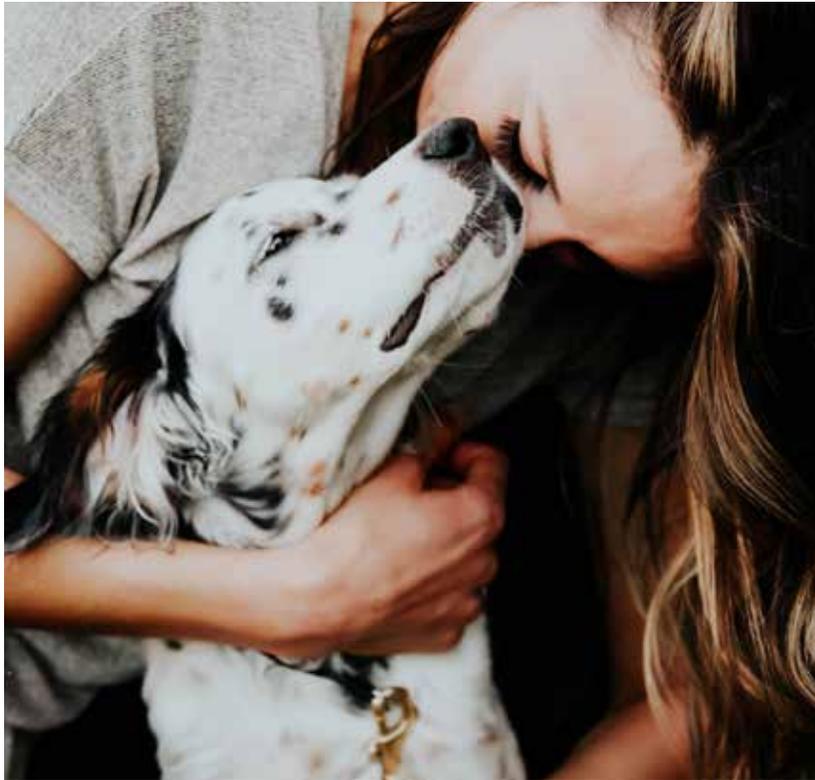
After I've been sitting down journaling, I am usually ready to move again. This time is intended to prime my body & wake me up. I find that dialing inward and really getting into my breath has a dramatic effect on my mood and quiets the noise in my head. My preferred choice of exercise for this time is yoga. I put one of my [morning yoga playlists](#) on from spotify & go through about 10-20 mins of FLOW, typically as the sun comes up. I know, not everyone is confident in structuring their own yoga flow routine so I'm sharing some of my personal favorites on youtube:

- ✓ [Tara Stiles](#)
- ✓ [Yoga with Adriene](#)
- ✓ [Tone it Up Yoga & Stretching!](#)



# embrace

I like to get in a good 30-second embrace with my husband every morning! You can also get this boost from snuggling with a pet. This warm and fuzzy feeling increases your feel-good hormones including oxytocin, revs up your immune system, decreases your stress hormones (including cortisol), and lowers your heart rate & blood pressure.



“How do you let go of attachments to things? Don’t even try. Effort creates attachment. Attachment to things drops away by itself when you no longer seek to find yourself in them.”

- Eckhart Tolle