

# MORNING ROUTINE TO CHANGE YOUR LIFE

Start today and make immediate changes to your overall life

## Drink water

- It's important the first thing you do when you wake up is replenish yourself with at least 8 ounces of water. After a long night of rest and no hydration, it's important that you rehydrate yourself. Add some lemon to your water to wake up your body and provide an immunity boost.



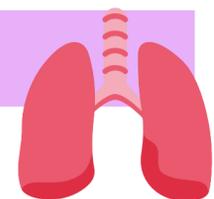
## Practice Mindfulness

- There are many ways that you can practice mindfulness. However, peace in the morning sets the day off in the right direction. Try different ways and see what works for you.
  - Meditation
  - Sitting in silence
  - Praying



## Breathe

- Sound basic? I know. But did you know that most adults do not breathe properly and because of this, induce their fight or flight mode. Start by slow breathing in a pattern like 4 counts in, 4 counts out or if you're experienced try a Pranayama breathing technique like "Breath of Fire".



## Gratitude

- Want more abundance in your life? Start with being thankful. Even when it may not seem like it, there are always things we can be thankful for. Start with 5 things each day you can be grateful for.



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## Move your body.

- 30 minutes of movement everyday is all it takes. This could be going outdoors for a walk, doing yoga, or that Hip Hop Abs video. Doesn't matter what it is but get your body moving. Studies show now that sitting is the new smoking. So get moving!

## Visualize

- Do you know what you want in your life? Can you see it when you close your eyes? Did you know the Universe can't tell the difference between reality and imagination? So spend at least 5 minutes each day visualizing what you want your future to look like or even just how you see your day going? Put your dreams into reality with this technique.



## Journal

- Journaling helps the mind release. Take time to journal your dreams, write about your fears, or use prompts to start the creativity process. This can be a very therapeutic method to release what is on your subconscious.



## Get up earlier

- I know this sounds so counterintuitive but I promise you, it's not. How you start your day dictates how it will go. Start it in a rush and your day will continue to be rushed. Start off peaceful and mindful, your odds increase for the rest of the day to be the same. If I can do it, you can too.

