



MORNING ROUTINES FOR A POSITIVE MINDSET

Morning Routines

- **Get up early - adopt a practice before you go about your usual morning routine. A useful practice is 20 minutes of mindfulness meditation, 20 minutes of exercise, and 20 minutes of self development.**
- **Eat a healthy breakfast - something like eggs, oats, berry smoothies or avocado on toast. Think about the mindset you are in whilst you eat your breakfast too**
- **Write down what you are grateful for the day ahead, and 3 intentions or actions to complete by the end of the day that will take you one step closer to your goals**
- **Have a routine - Stick to it and settle into it - this will create certainty in uncertain times**
- **Create and frame the mindset by thinking how do I want to show up today and get dressed to shift into this perspective**
- **Know that everyday is a new beginning. The past is in the past, it cannot be changed, the future is not here yet. The most precious part of your life is the present. The here and now. In this moment**
- **Start your day with Purpose and clarity - Where are you going in your life, if you take the actions on your list, will it get you there?**
- **How you design the first hour of your day - will decide how you design your whole life**
- **Allow choice by awareness in every moment. Pause before choosing your response in every moment**