

Establish a Morning Routine

How we start our day can either set us up for experiencing anxiety, stress and failure or it can increase our energy, motivation, productivity and success. There are multiple studies which demonstrate how establishing a routine filled with healthy habits is a great way to move more efficiently through our days.



A good morning routine supports our physical, emotional and mental health and when we engage in such practice first thing in the morning, we signal our subconscious mind right at the beginning of the day to focus on the positive and massively reduce our levels of stress.

In this section I will share a number of healthy and positive behaviours to introduce into your morning.

We don't need to take a whole hour to set yourself up for the day. So long as we do something that is positive then that will be amazing*. Doing something positive and helpful to ourselves and our mental health is better than not doing anything at all. Make the commitment to pick 3-4 of the suggestions within the PDF attached in this section and practice them every morning until it becomes a habit.