

Suggested Daily Steps for a Positive Morning Routine

1. Wake up at the same time every day

Waking up early and at the same time every day helps us to sleep better at night, strengthens our immunity, improve concentration, productivity and emotional resilience.

2. Meditation

Meditation plays such an important role in reducing our stress, improving our physical, mental and emotional wellbeing and also enhancing our productivity. Practicing meditation every day, especially in the morning, uplifts our emotions and energies, exercises our creative mind, and helps us to let go of any negative subconscious thought patterns.

We can simply sit in silence and focus on our breathing pattern or look back to the meditation section of this course and listen to one of the meditations included. Also, check out YouTube or Meditation Apps. There are huge amounts of guided meditations online and meditation apps such as Headspace and Insight Timer which you can find in the App Store.

3. Affirmations

Affirmations are simply positive powerful statements that we say to our self, which help to create a positive shift in thinking, helping to reduce stress levels and motivate us to do our best. We choose words that are positive about ourselves and say these words out loud daily. Saying affirmations to ourselves when we wake up will motivate us, reshaping our thinking away from limited negative thinking patterns to empowering and self-motivating so that we feel good and energised to start the day.

Check out the list of suggested affirmations list within this course, but also feel free to create your own.

4. Journaling

By journaling in the morning, we are making sure that we start our day on a positive and grateful note. There are prompts within this course to guide journaling or journaling can simply be sitting down with a notepad and free flowing what is on our mind.

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5. Express Gratitude

Being grateful for all that we have in life is one of the keys to happiness and life fulfilment. Focusing on recognising and expressing gratitude for 5 minutes a day when we wake up, set's our mind up right, reducing stress and increasing motivation. It trains our brain to feel lighter and expect positive things to flow our way.

6. Inspiration

We can continue to feed our mind with positivity and motivation by listening to motivational speakers who speak words of inspiration and wisdom. Take some time to read a book or a blog or listen to something inspiring in the morning.

As a guide to get started with this, check out the reading list at the end of this course or type in motivational speakers into YouTube.

7. Make Your Bed, Get Showered and Get Dressed

Making our bed, showering and getting dressed are all essential daily habits for our brain to feel calmer. Engaging in these practices first thing in the morning, signals our subconscious mind right to focus on the positive, reducing our levels of stress and increasing our motivation to complete more tasks.

8. Nutritionally Balanced Breakfast

There is tonnes of content online that details the benefits of having a balanced breakfast that is high in protein and fibre, low in carbohydrates and includes having a glass of water. Wake up and go eat. What we put into our body has a HUGE impact on our mood, energy and productivity. Our bodies need essential nutrients to function at our best and a missed breakfast affects our mood, concentration, energy levels and overall productivity.

9. Get Active

Getting active and exercising in the morning helps us in many ways. It improves our sleep pattern, increases our metabolism, lifts our mood, energises and motivates us to continue with the day, releasing endorphins (happy hormones) so that we feel brighter. We can get active in the morning by simply stretching, going for a walk or a run, practicing Yoga or completing a HIIT workout.