

Brianne Thompson

CREATE A MINDFUL MORNING ROUTINE



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INTRO/ ABOUT

Are you tired of just getting through the day but never getting ahead on your goals? Want to learn how to own your mornings to create a successful day where you feel energized and refreshed?

That my friend is possible, and I am going to show you **HOW** to do it.

I used to sleep in, pressing snooze until the very last minute, waking up the house in a rush and getting right into what has to be done that day. Rush to work, rush through chores, then fall down on the couch feeling depleted after dinner. I get it! I've been there!!

However, there is a better way. A way that lets you wake up energized, ticking things off your checklist **BEFORE** going to work, waking up the house calmly, and cutting down on the chaos.

Follow the steps below to create **YOUR** best morning routine. It doesn't matter if it doesn't look like mine, or your mothers, or your best friends. You need to create a morning routine that works for **YOU**. **THAT** is how you'll create **YOUR** best morning, and in turn live your best life.

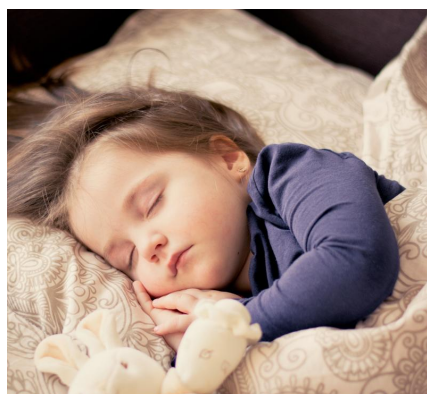


Create Your Mindful Morning Routine



Prepare the night before

If you want to create a good morning routine, you need to start with a good night routine. Set out clothes for the following day, get workout clothes laid out, straighten house, clean sink, make lunches, plan the following day on paper. Cut down on the things you rush through in the morning and waste time on.



Sleep

Set a clear boundary for lights out (yes this includes electronics and television). Count backwards from the time you want to rise 7-8 hours and that is the time you need to lay your head on your pillow with zero distractions.



Start slow

If you currently wake up at 7am and you set your alarm for 4am tomorrow, you will fail. You might make it through one day- but two won't happen. I would start by waking 30 minutes early for a week. Once that feels good to you, wake 15 minutes earlier every 5 days until you reach your desired wake-up time. I recommend a wake-up time of 5am. This seems to allow for ample time to get things done and still makes me feel refreshed.



Snooze no more

If you hit snooze you are more likely to be tired and groggy because your body isn't able to go through another entire sleep cycle before the next alarm. Instead, get up with your first alarm, even if you are still tired you will feel more refreshed. TIP- sleep with your alarm clock across the room so you have to get out of bed to turn it off.



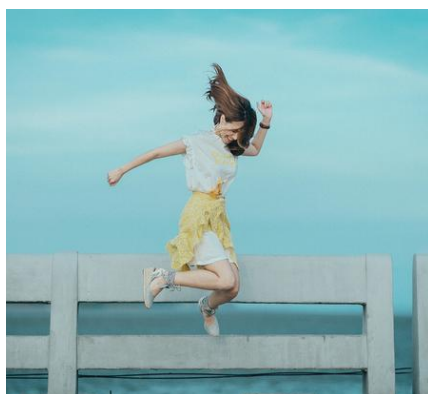
Move right away

To get those endorphins pumping through your body and give you a boost, move for 30 minutes right away. You could go for a walk, do some yoga/stretching, use free-weights or have a dance party. Whatever you do, find something that brings you joy.



Practice Mindfulness

In the next 20 minutes of your morning routines you should practice mindfulness. Spend 5-10 minutes writing in a journal. Reflect on your previous day, write your hopes and dreams for the current day, practice gratitude. After you are done with this spend 5-10 minutes in meditation. You can find guided meditation on youtube, or smartphone apps such as headspace.



Do something you love

We wrap up our morning routine by doing something we love before others in the house wake up. Read a book, learn something new, listen to music, be creative. Again, find something you wish you could do more of because it brings you pure joy and do that thing.

TIPS:

Try to remain device free and off of all social media, news and email until **AFTER** your morning routine. You can use your devices for meditation apps/music/ or fitness if need be but it is very important that you don't get sucked into social media/email or you will lose your entire morning.