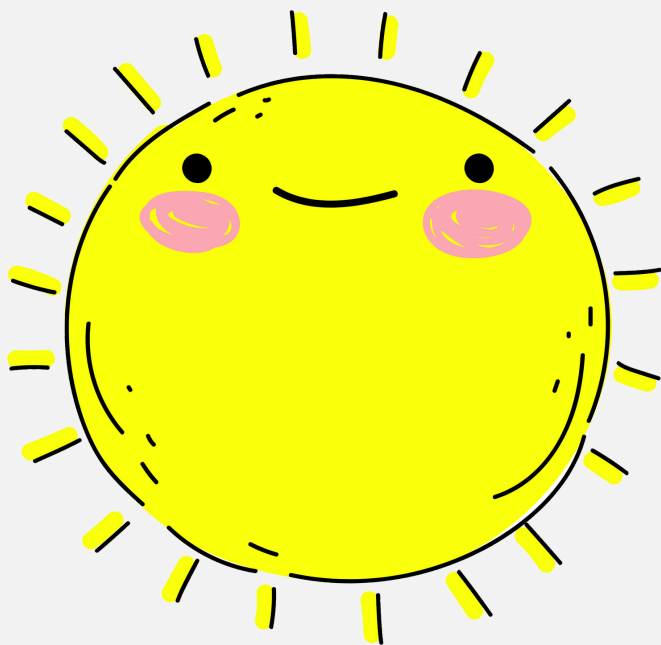


Create an Amazing Morning Routine



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I have struggled to become a morning person over the years. Rarely have I sprung out of bed at the crack of dawn, ready to take on the world. I typically needed some strong coffee first! At times, the sluggish feeling of waking up so early seemed too much to bear. Fast forward in time, I now have a job that requires me to get up by at least 4:30 AM in order to arrive there promptly at 6 AM. I also have a young child, a loving, intense ball of energy who would enjoy spending 100% of his waking hours with me, if he could. So, spending any time to myself for productivity, health, and alone-time *requires* me to wake up earlier!



Luckily, there is a hefty amount of science behind the benefits of waking up early. Some research suggests that morning people are more prone to be proactive, mitigate risks, have better overall brain function, and are less prone to anxiety and depression. This can be very motivating for those night owls desiring to become early risers, or those who simply struggle with waking up early.

All the science is great, but how can you establish a simple but powerful morning routine that propels you to greater physical, mental, and spiritual wellness? In my quest to answer that question, I realized that there are some important questions to answer in order to effectively design your most powerful morning routine. Once you do this, I will show you some of the best morning routine ideas to get your day off to an amazing start!

Before You Start

First things first! In order to design the most optimal, personalized morning routine and in order to stay motivated, you should ask yourself questions that will help you optimize your routine based on your unique needs, lifestyle, goals, and preferences. Here are some key questions:

Who are you? Take into consideration the type of person you currently are in order to allow yourself some grace when establishing a routine. For example: if you currently despise waking up early, you may need a high-reward system to create a routine (think favorite cup of tea or coffee timed to brew just before you open your eyes), or prepping your favorite breakfasts for the entire week ahead. Are you sensitive to negativity or bad news? Do certain things distract you? Do you hate the sound of your

alarm or dislike certain types of music? Do you find it difficult to wake up to an overly cold or hot environment?

Why do you want to wake up early? Do you need time for reflection, relaxation, physical activity, self care, connection with loved ones, alone time, reading, strategizing, creating, or working on business? Is your purpose to increase momentum in your day, to improve overall health, to create more quality time with a loved one, to better organize your day, or to uplevel your financial life?





When do you want to start? Hint: The best answer is TODAY. You can design your routine today, then hit the ground running within the next few days. Set an exact official start time. If you have thoughts of delaying your success, just remember: Life circumstances will typically not get easier, nor your responsibilities less. There will always be a reason not to start, and you will likely never feel 100% ready. Finding excuses not to start today will only delay your success.

How to Start

- Plan ahead. Find ways to make your routine simple, with as few distractions, and as possible.
- Find your best wake up time. The Dali Lama is said to wake up at 4AM for the purpose of starting his day with 4-5 hours of prayer and meditation. While this may not be practical or feasible for the majority of us, many of us can more readily wake up an extra half hour or hour early in the morning, even if it means going to bed a little sooner.
- Start slowly and continue to build over time. Rome wasn't built in a day. Gradual and incremental refining of habits can prevent overwhelm and encourage mastery of your morning routine.

- Be realistic in your time allotment. The number and type of activities that you perform during your routine, as well as the break time designated between each action should be practical in order to ensure that you accomplish all that you intend to do. This prevents unnecessary frustration.

Now that you've asked the important questions, let's get started!



Design Your Routine: 70 Ideas to Get You Started

What routines do you want to implement? It is important to select what you do during your morning based on unique needs, lifestyle, goals, and preferences. I have curated some activity ideas that you can use to build your customized morning practice below. Use the final page to design your own morning ritual.

- Drink 32 ounces of water.
- Use a foam roller on your whole body.
- Do the Wim Hof routine. 1. Upon awakening, sit in a meditation posture. 2. Do 30 power breaths: inhale through the mouth or nose and fully exhale through the mouth in short powerful bursts (like blowing up a balloon). 3. Hold your breath until you gasp. 4. Inhale deeply and hold for 10 seconds. 5. Repeat the exercise 3 times. 6. Take a cold shower.
- Read positive news.
- Do a quick 15-min exercise routine.
- Take care of your plants.
- Walk the dog.
- Dance to your favorite music.
- Perform an act of kindness.
- Go for a quick run.
- Spend time in nature.
- Work on your side hustle.
- Do 20 push-ups, crunches, and squats.
- Stretch.
- Do a quick 20 min yoga session.
- Reflect on your life goals.

- Create a photo, video, or written log.
- Tackle your most difficult, most undesirable or most important task of the day FIRST.
- Take your child to school.
- List the things that you are grateful for.
- Meditate.
- Create a work of art.
- Pray.
- Read a spiritual text.
- Call a friend.
- Play a musical instrument.
- Do deep breathing exercises.
- Do eye strengthening exercises.
- Do an indulgent skincare or makeup routine.
- Read a book, magazine, or newsletter that you enjoy.
- Get to work early.
- Listen to a podcast or audiobook during your commute.
- Practice speaking a foreign language.
- Work on your hobby.
- Use aromatherapy.
- Make a superfood smoothie or fresh-pressed juice.
- Take your medications, vitamins, or supplements.
- Eat a healthy breakfast that will give you energy.
- Do 5 minutes of quick chores.
- Make your bed.
- Get 15 minutes of sun light, or use light therapy if no sunlight is available.
- Visualize an amazing day.
- Write down 10 great ideas.
- Reflect on ways that someone you have lost continues to enrich your life.
- Take a luxurious bath.
- Write 500 words for an article or script.

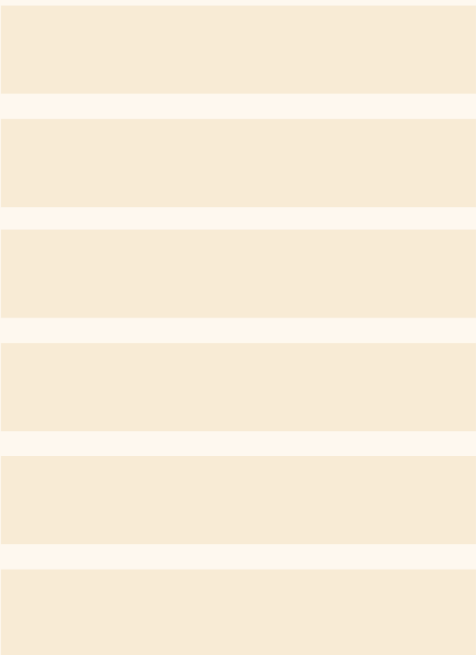
- Take a cold shower.
- Meal prep.
- Make a donation to a cause that you love.
- Write an email that you have been putting off.
- Find 1 or 2 items to donate or declutter.
- Learn a new Word of the Day.
- Remove (or add) subscriptions.
- Organize your email inbox.
- Do a mind purge. Write down all those nagging thoughts and mental to-dos.
- Workout while watching a movie or TV episode.
- Make an inspirational social media post.
- Curate a Pinterest list.
- Look at your vision board.
- Set your intentions for the day.
- Enjoy a water sport like kayaking.
- Apply a facial mask or treatment.
- Write a poem.
- Review your finances.
- Spend time in the garden.
- Brainstorm.
- Open up your curtains and windows for fresh air and sunlight.
- Fast.
- Prepare the perfect cup of tea or coffee.
- Pack lunch.
- Send a card or letter.
- Do the laundry.
- Reflect on last night's dream & lesson learned from it.
- Get a professional massage.

MY MORNING ROUTINE

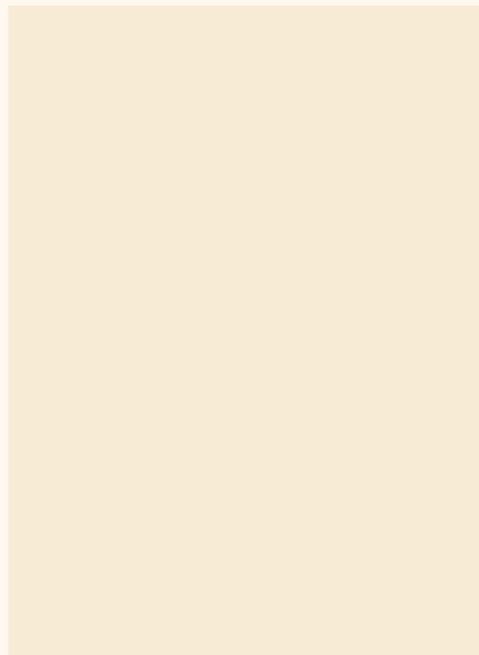
RISE & SHINE!

Important Tasks & Goals

Morning Schedule

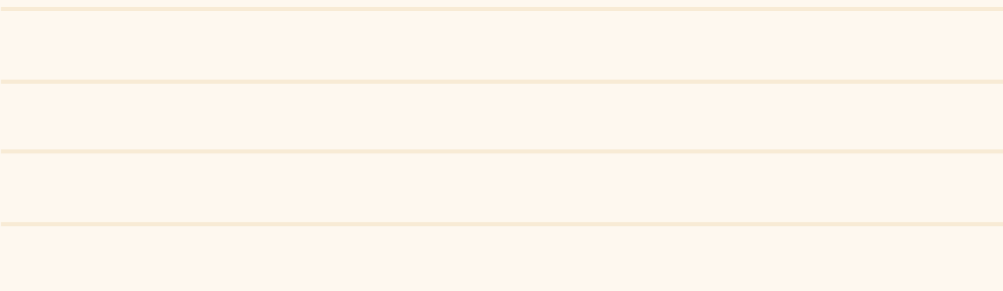


Seven horizontal yellow bars stacked vertically, intended for writing down important tasks and goals.



A large vertical yellow rectangle, intended for writing a morning schedule.

Morning Reflections & Affirmations



Five horizontal yellow lines stacked vertically, intended for writing morning reflections and affirmations.