

My Morning Routine



Good Morniong



Starting your day with gratitude and peacefulness can set the tone for a productive and fulfilling day. This workbook is designed to guide you through simple exercises that promote mindfulness, positivity, and a sense of calm. Dedicate just 15-30 minutes each morning to these activities and notice the transformative effects they have on your mindset and overall well-being.

1 ~ Setting The Scene

2 ~ Gratitude Practice

3 ~ Morning Affirmations

4 ~ Guiding Breathing and Meditation

Setting The Scene



Creating Your Morning Space

Find a Quiet Spot: Choose a space in your home where you can sit comfortably and won't be disturbed. This could be a corner of your room, a chair by the window, or even a cozy spot outdoors.

Gather Your Essentials: Prepare items that help you feel calm and grounded.

Suggestions:

- A journal and pen
- A candle or incense
- A warm beverage like tea or coffee
- A soft blanket or cushion

Set the Mood: Adjust your surroundings to inspire peace. Consider playing soft instrumental music, lighting a candle, or simply enjoying the natural sounds around you.

Reflection Prompt:

What items or changes to your environment make you feel most at ease in the morning? Write a few sentences about what you'll include in your morning space.

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Gratitude Practice



Two Step Practice

Step 1

Step 1: Each morning, write down three things you're grateful for. These can be big or small, such as "the warmth of my bed," "a conversation with a loved one," or "the opportunity to start fresh."

Example Entry:

- I am grateful for the sunshine streaming through my window.
- I am grateful for my morning coffee, which gives me energy and comfort.
- I am grateful for the chance to work on something I'm passionate about today.

Reflection Prompt:

How do these expressions of gratitude make you feel?

Take a moment to reflect on the positive emotions they evoke and write them down.

[illegible]

Gratitude Practice



Step 2

Step 2: Gratitude Visualization

Close your eyes and picture one of the things you wrote about. Imagine the details, colors, textures, and emotions associated with it.

Take 2-3 minutes to fully immerse yourself in this image.

Reflection Prompt:

How did this visualization affect your mood or mindset?

[illegible]

Morning

Affirmations



What Are Affirmations?

Affirmations are positive statements that help you focus on your strengths, goals, and intentions. Repeating them daily can shift your mindset and promote inner peace.

Creating Your Affirmation

Write 2-3 affirmations that resonate with you. Use the examples below for inspiration:

- I am calm and at peace as I embrace this new day.
- I am grateful for the opportunities that await me today.
- I have the strength and patience to handle anything that comes my way.

Affirmation Ritual

1. Say your affirmations aloud or silently to yourself.
2. Repeat each one three times, focusing on the meaning behind the words.
3. Take deep breaths between repetitions to ground yourself.

Reflection Prompt

Which affirmation resonated with you the most today? Why?

[illegible]

Guided Breathing and Meditation



Breathing Exercise

Spend 5 minutes practicing mindful breathing:

1. Sit comfortably with your back straight and hands resting on your knees.
2. Close your eyes and inhale deeply through your nose for a count of four.
3. Hold your breath for a count of four.
4. Exhale slowly through your mouth for a count of six.
5. Repeat this cycle for 5 minutes, focusing on the sensation of your breath.

Meditation Exercise

1. Sit comfortably and close your eyes.
2. Bring your attention to your breath, observing its natural rhythm.
3. As thoughts arise, acknowledge them and gently return your focus to your breath.
4. After 5-10 minutes, slowly open your eyes and take a moment to stretch.

Reflection Prompt

How did the breathing and meditation exercises make you feel?

Did you notice any changes in your body or mind?

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*Have a Beautiful Day Today
I will See You Tomorrow*



Live and Love BARE

*Ashlie
Megrichian*