

# Morning Routine

Incorporating a structured morning routine and positive affirmations can profoundly impact your daily productivity and overall well-being. Here's a guide to creating a morning routine inspired by my own practices and my mentor's because I have to give credit where it is due, designed to foster mindfulness, gratitude, and focus. It has evolved over time for me so please feel free to adapt it and change it! There is no right or wrong here because this is your life you are creating!

## Morning Routine Template

Most of it is done in the Morning so that's why I call it my Morning Routine. It has three parts 1) The Routine 2) Affirmations 3) Principles.

Read it Every Day especially when you first start it because this is your Vision Board. Add pictures and art and create something that you love looking at everyday!

### 1. Morning Kickstart

- Time: 5-15 minutes
- Activity: Start every day with a warm cup of coffee or tea to awaken your senses. A smoothie, greens, fiber, vitamins will do too!
- Purpose: Energizes the body and mind, preparing you for the day.

### 2. The 5x3 Routine

- Total Time: 15 minutes
- Activities:
  - Praying or meditating for others and expressing gratitude (3 min)
  - Gentle stretching or breathing exercises (3 min)
  - Reflecting on your goals and affirmations, addressing any doubts (3 min)
  - Reviewing finances and investments (3 min)
  - Setting 3 main goals for the day (3 min)
- Purpose: Focuses your intentions, aligns your spiritual and financial goals, and clarifies daily objectives.

### 3. Physical Activity

- Frequency: 4 times a week
- Duration: 1 hour

- Activities: Choose from walking, swimming, or using a treadmill.
- Purpose: Enhances physical health and mental clarity.

#### **4. Daily Social Media Engagement**

- Frequency: Once daily
- Guidelines: Share insights on investing, rental tips, or personal wellness. Ensure the content is authentic and not forced. It can also be scheduled ahead of time so that you don't have to do it every day, it's just running in the background for you.
- Purpose: Engages and grows your community while sharing valuable knowledge.

#### **5. Partner Check-ins**

- Frequency: Three times per day
- Activity: Connect with your spouse or a close friend to share positive updates.
- Purpose: Maintains strong personal relationships and a positive outlook.

#### **6. Self-Investment Time**

- Duration: 1 hour daily
- Activities: Engage in educational activities, pampering, or learning a new skill.
- Purpose: Promotes personal growth and self-care.

#### **7. Daily Celebration**

- Duration: 1 hour
- Activity: Engage in a loved activity to relax and enjoy, such as reading or taking a bath.
- Purpose: Reinforces joy and satisfaction in daily life.

#### **8. Evening Reflection**

- Activity: List three major wins of the day.
- Purpose: Encourages a focus on success and positive outcomes.

#### **9. Weekly and Monthly Reviews in the Morning**

- Activities
  - Reflect on the most valuable activities.
  - Identify learning lessons and plan for upcoming challenges.
- Purpose: Provides a broader perspective on progress and future goals.

## Affirmation Guide

Create affirmations that resonate with your personal goals and values. Here are some general tips to craft effective affirmations:

- Keep them positive and in the present tense.
- Ensure they are specific and relevant to your life.
- Repeat them during your morning routine to reinforce positive beliefs.

Example Affirmations:

- I work as little as I want and have everything I need to give to my loved ones with freedom and joy not withholding. I give to others without limit.
- I am all I need to be today. I have everything I need right now. I am loved fully and share my abundance with everyone around me.
- All of my bills are paid and I have an abundance of money to share. Everytime I pay a bill I know that I'm supporting someone with their daily needs. I am self-sufficient.
- I like my brain. It solves problems unexpectedly. Let it flow.

Remember, consistency is key to seeing the transformative impact of these practices in your life.