



Healthy Habits

TO START YOUR DAY

Proven morning rituals from world-class health experts to change your life, health, and happiness. Plus, healthy breakfast recipes!

7 proven morning rituals from world-class health experts to change your life, health, and happiness.

TICK EACH HABIT OFF YOUR LIST AS YOU COMPLETE IT.

- ☐ **1. MORNING LIGHT EXPOSURE:** When you first wake up, take time to get natural daylight into your eyes. (5-10 minutes)
- ☐ **2. MOVE YOUR BODY:** When you enter your living room, try a sun salutation or your favorite exercise of choice to move your body and create energy flow. (3-10 minutes)
- ☐ **3. MEDITATION:** When you finish your exercise of choice, take a few moments for a visualization, meditation, gratitude, or prayer to calm your mind and visualize your day. (3-10 minutes)
- ☐ **4. BREATHWORK:** When you turn on your shower, take 7 deep breaths to oxygenate your blood and stimulate lymph flow. (1 minute)
- ☐ **5. COLD EXPOSURE:** When you finish your warm shower, step out from under the water as you switch your faucet to cold, then enjoy the invigorating cold water to wake up your mind, body, and immune system. (30 seconds)
- ☐ **6. BODY LOVE EXERCISE:** When you're drying off after a shower and moisturizing, repeat a body love affirmation and massage, such as, "I am worth loving". (30 seconds)
- ☐ **7. NOURISH:** When you enter your kitchen, make a nourishing breakfast to set your cells up for success during the day. (5 minutes)

Morning Light Exposure

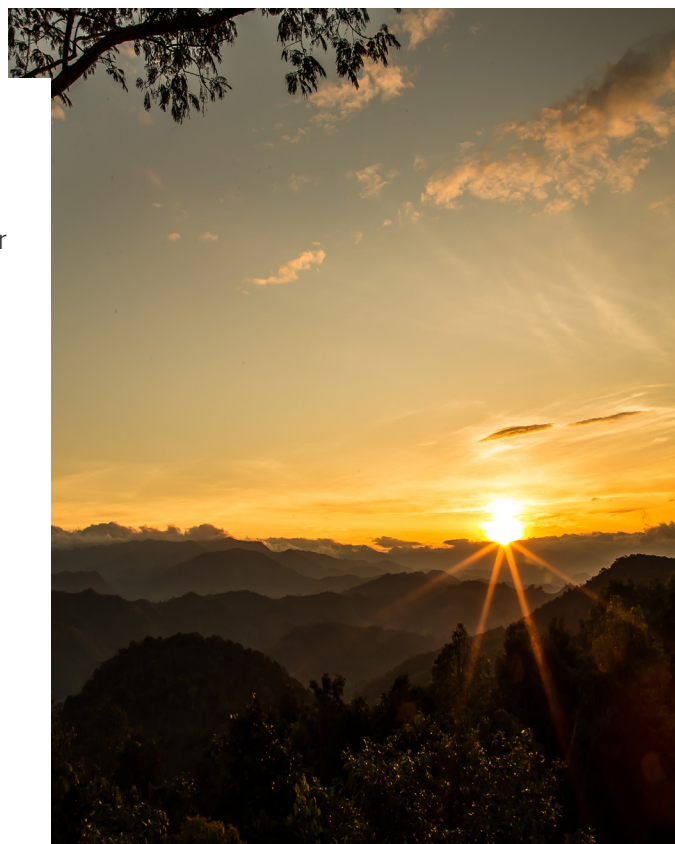
When you first wake up, take time to get natural daylight into your eyes. (5-10 minutes)

This is such a simple and powerful way to improve your overall health and wellbeing. Getting natural light into your eyes first thing in the morning has many benefits, such as helping to set an internal alarm clock. It spikes the cortisol in your body, communicating that it's time to wake up. Morning natural light exposure also helps with better insulin regulation and more effective fat burning.

Light has a big effect on your circadian rhythm. It helps to suppress melatonin and shift your circadian rhythm. It's been found that morning light exposure advances your internal body clock [\(1\)](#).

Tip from Transcendence Expert Brendon Burchard:

86% of smartphone owners grab their phones upon waking, look at it, and go into social media, emails, or games. Try avoiding this.



Move Your Body

When you enter your living room, try a sun salutation or your favorite exercise of choice to move your body and create energy flow. (3-10 minutes)

Starting your day with a gentle stretch or movement of choice will boost your energy as well as improve your mood and focus for the day. It also helps improve posture and alleviate aches and pains.

Movement has been found to improve cognition and mood, which may be due to the release of brain-derived neurotrophic factor (BDNF) [\(4\)](#). Yoga in particular has been found to reduce feelings of depression and anxiety [\(5\)](#).

Those who practice yoga regularly have been found to enjoy additional benefits including lower levels of inflammation [\(6\)](#), improved heart health [\(7\)](#), and better quality sleep [\(8\)](#).

Tip from Transcendence Expert Rich Roll: Think about the movement that brings you the most joy and happiness. It can be simple and basic, but it needs to be things you want to do more of in your life.

Meditation

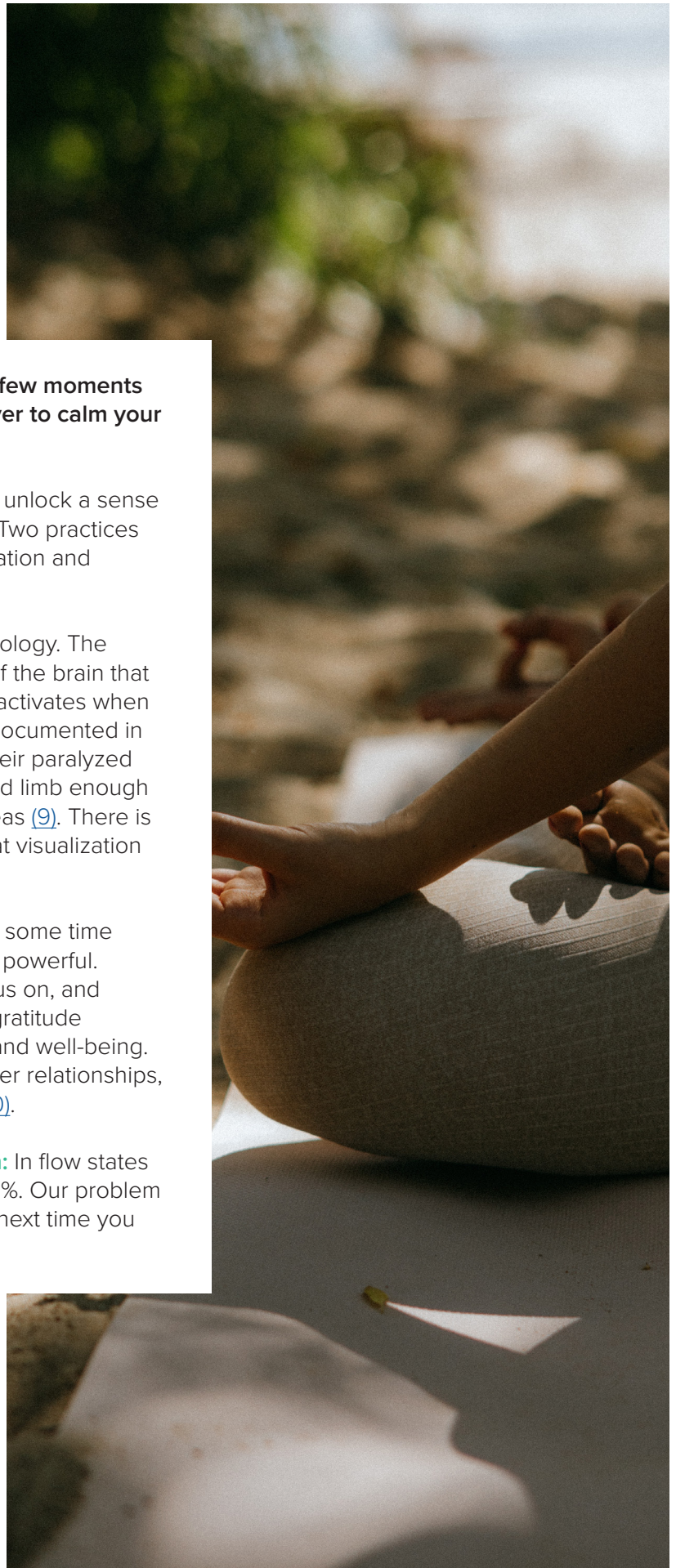
When you finish your exercise of choice, take a few moments for a visualization, meditation, gratitude, or prayer to calm your mind and visualize your day. (3-10 minutes)

Meditation is a powerful tool, which allows you to unlock a sense of stillness and peace, even in the busiest times. Two practices we love to focus on whilst meditating are visualization and gratitude.

Visualization has a profound impact on our psychology. The latest research has shown that the same region of the brain that activates when we perform a certain action, also activates when we visualize that action. An example of this was documented in stroke patients. They found that just visualizing their paralyzed limb moving increased blood flow to the paralyzed limb enough to reduce the amount of tissue death in those areas [\(9\)](#). There is so much science emerging around the impact that visualization can have on our health and happiness [\(10\)](#).

Another focus we like to have is gratitude. Taking some time during your practice to focus on gratitude can be powerful. Studies have found that those who habitually focus on, and appreciate the positive aspects of life through a gratitude practice experience greater levels of happiness and well-being. The benefits range from improved moods, stronger relationships, better health outcomes, and overall happiness [\(10\)](#).

Tip from Transcendence Expert Dawson Church: In flow states like meditation, our productivity increases by 500%. Our problem solving ability increases by 490%. Try meditating next time you have a big day at work.





Breathwork

7 long, slow, deep breaths to calm your mind and body and oxygenate your cells. (1 minute)

This ancient practice is one of the simplest ways to reduce stress, increase alertness, and boost your immune system function.

Practicing slow, deep breathing is an incredible way to quickly switch from being in the “sympathetic” branch of your nervous system, which is your fight or flight stress response, to being in the parasympathetic branch of your nervous system. When your body is in this mode, your heart rate slows, your digestive system functions beautifully, and you feel more relaxed [\(11\)](#).

Tip from Transcendence Expert Stig Severinson, 4x Freediving World Champion: When breathing becomes strong on the subconscious level, it can lead your movements and thoughts in a certain direction. Try linking your breathwork to positive reinforcements and happy thoughts, and ignite the power of possibility every time you breathe.

Cold Shower

Take a cold shower for just 30 seconds to awaken the body. (30 seconds)

Cold water immersion (or hydrotherapy) supports the body's innate healing power by activating the immune, lymphatic, circulatory, and digestive systems [\(12\)](#).

It is such a simple yet profound way to boost your health and vitality. Cold water immersion has been found to activate your 'disease fighting' white immune cells. It also upregulates your lymphatic system, which is a network of vessels that support the body to cleanse itself of waste, bacteria, and microbes. Cold water therapy causes these vessels to contract and pump the lymph fluid around the body, thereby removing accumulated waste [\(13\)](#).

It also stimulates blood flow, forcing blood to vital organs and oxygenating your whole body. Lastly, it increases what is known as "brown fat", this is a metabolically active type of fat that actually uses energy rather than storing it! Brown fat, unlike white fat, has been linked to an increased metabolism and lower risk of obesity [\(14\)](#).

Tip from Transcendence Expert Wim Hof: Breathing makes a big difference in a cold environment. The cold can help you learn how to tap into your breathing which can lead to you being able to conquer challenges beyond your belief.



Body Love Exercise

When you're drying off after a shower, repeat a body love affirmation. (30 seconds)

Body affirmations are an incredible way to boost confidence and bring more gratitude into your daily life. This simple practice has been scientifically proven to improve body satisfaction [\(15\)](#).

Here are three examples of a daily affirmation you could use yourself:

1. *"I am worth loving."*
2. *"Wellness is the natural state of my body."*
3. *"Every day, in every way, I'm getting stronger and stronger."*

Tip from Transcendence Expert Kim Morrison: You won't look at someone else's life with disdain, anger, or jealousy when you feel great about yourself. So put on a lens of self-love.



Nourish

Enjoy a balanced breakfast of protein and healthy fats. (5 minutes)

Starting your day with nourishing wholefoods really sets you up for the rest of the day. Adding a form of quality protein, fat, and fiber to your meals will help you balance your blood sugar levels, avoid “energy slumps”, and reduce sugar cravings throughout the day. Here are a few examples of food sources that contain these nutrients:

- High-fiber food sources such as vegetables, fruits, nuts, seeds, and whole grains.
- Good fat sources such as avocado, olives, nuts, seeds, coconut oil, olive oil, and grass-fed butter.
- Quality protein sources such as eggs, hemp, chia seeds, tempeh, grass-fed animal protein, nuts, and plant-based protein powders.

The additional benefit to adding all three nutrient types to your meal is that you will feel satisfied after the meal and you will feel full for longer in between meals - win, win.

Tip from Transcendence Expert Dr. Mark Hyman: The wheat we consume today isn't the wheat of our ancestors. It causes more inflammation, has a higher starch content, and can disrupt the gut lining. If possible, try to avoid consuming or limit your modern wheat consumption to keep your body healthy.

Below are four of our favorite breakfast recipes that are simple to make and balanced with healthy fats and protein to keep you going all day long!

RECIPE 1:

Breakfast Muffins

Whip these breakfast muffins up the night before and you'll have yourself a nourishing breakfast to grab and take with you for those mornings when you are on the run!

The beauty of this recipe is you can use any ingredients that you have on hand. Roast some extra veggies, make some extra quinoa or use up any leftover veggies you have in the fridge!

INGREDIENTS:

- 1 cup shredded greens (we used kale & leftover greens from our beetroots)
- 1/2 cup cooked quinoa
- 1/2 cup roasted sweet potato
- 1 zucchini, grated and excess moisture squeezed out
- 1 tbsp herbs (dried or fresh, we used rosemary)
- 6 eggs

METHOD:

1. Preheat the oven to 350°F (180°C) and line a pan with muffin liners, or grease with coconut oil or butter.
2. Lightly whisk eggs together in a bowl. Mix in all your vegetables and spices.
3. Divide mixture evenly between muffin liners and place in the oven to bake for 25-30 minutes or until they are golden brown and spring back when lightly touched.



RECIPE 2:

Sweet Potato Pancakes

This little number is a refreshing take on everyone's favorite breakfast recipe: pancakes! With just a few ingredients and no gluten, this will be your new favorite pancake recipe. Get creative with your favorite pancake toppings! This recipe can easily be used as sweet or savory depending on what you prefer.

INGREDIENTS:

- 1/2 cup sweet potato, steamed until soft and mashed
- 2 eggs
- 1 tbsp coconut flour
- 1/2 tsp cinnamon
- 1/4 tsp baking soda
- coconut oil, for pan

TO SERVE:

- 1 avocado, diced
- 1 cup rocket (arugula)
- 1/2 lemon
- 1 tbsp fresh herbs, chopped (we use parsley & basil)
- 1/4 cup yogurt (optional)

METHOD:

1. Mix together all pancake ingredients except the coconut oil and beat just until a batter forms.
2. Heat coconut oil in a skillet over medium heat.
3. Pour 1/4 cup of batter out and cook until bubbles start to form. Flip the pancake and cook for about another minute or two until fully cooked.
4. Repeat with the rest of the batter.
5. To serve, mixed together rocket, diced avocado and juice of half a lemon. Spoon on top of pancakes with a drizzle of yogurt & herbs.



RECIPE 3:

Banana, Oat & Blueberry Breakfast Smoothie

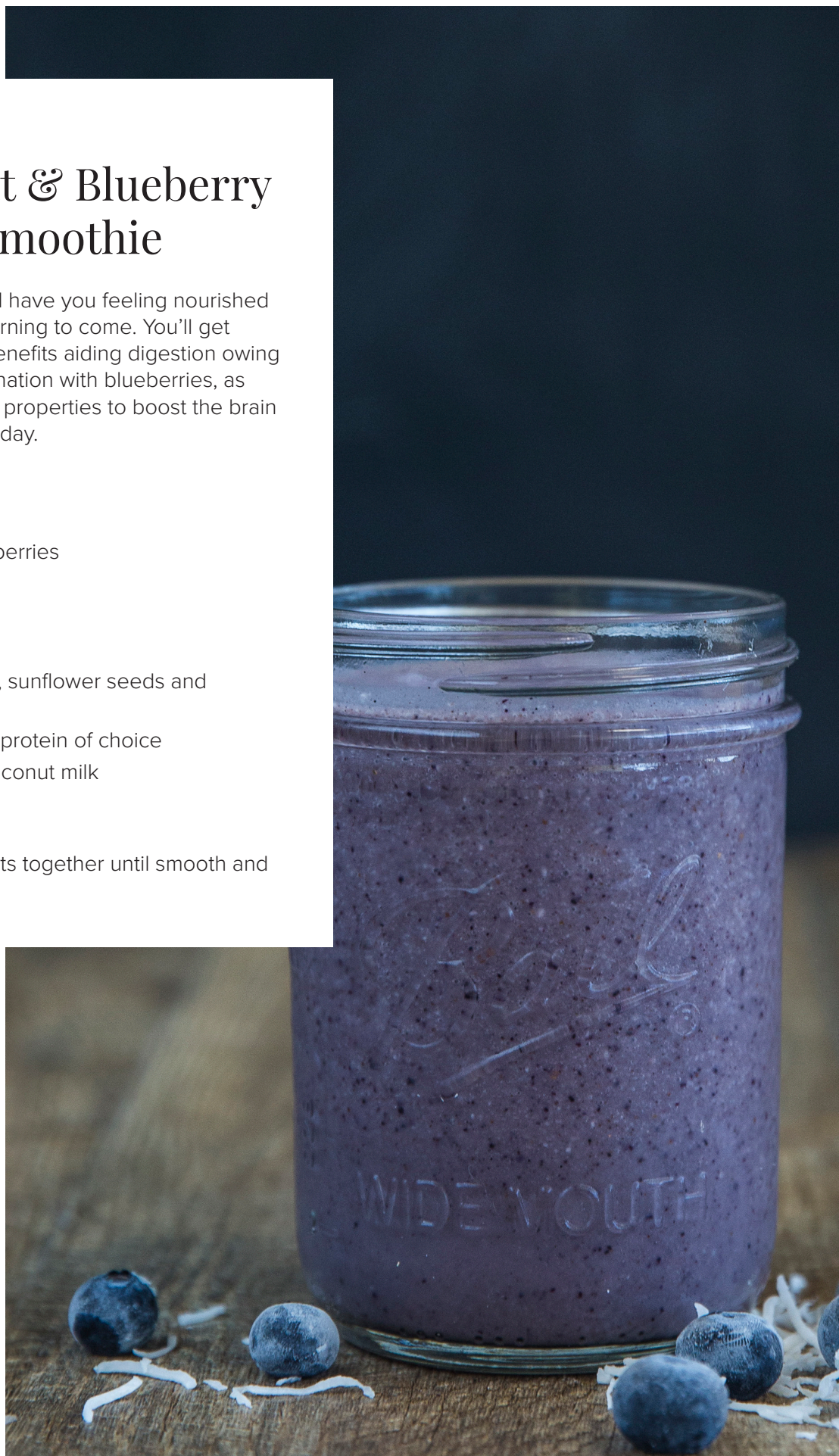
This on-the-go meal will have you feeling nourished and satisfied for the morning to come. You'll get several nutrients and benefits aiding digestion owing to the banana in combination with blueberries, as well as high antioxidant properties to boost the brain power we need for the day.

INGREDIENTS:

- 1 frozen banana
- ¼ cup frozen blueberries
- ¼ cup oats
- 1 tsp chia seeds
- 1 tsp honey
- 1 tsp LSA (linseeds, sunflower seeds and almonds)
- 1 tbsp plant-based protein of choice
- 1 cup almond or coconut milk

METHOD:

1. Blend all ingredients together until smooth and creamy.



RECIPE 4:

Cinnamon and Raisin Loaf

A great alternative to raisin toast if you are craving that cinnamon spiced loaf but want to stay away from gluten. It's amazing to have on hand for breakfast bread or just as a nourishing snack!

INGREDIENTS:

- 1 cup brown rice flour
- 1 cup almond meal
- 1/2 cup coconut flour
- 2 eggs
- 2 tbsp melted coconut oil
- 1/4 cup coconut or almond milk
- 2 tbsp maple syrup
- 1 tsp ground ginger
- 2 tsp ground cinnamon
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 cup raisins

METHOD:

1. Preheat the oven to 350°F (180°C) and line a deep loaf pan.
2. In a large bowl, mix together all dry ingredients and spices.
3. In a small bowl, mix together eggs, melted coconut oil, milk, and maple syrup. Gently whisk to combine.
4. Make a well in the middle of the dry ingredients and stir through the wet mixture.
5. Stir well and pour into a loaf pan.
6. Bake in the oven for 30-40 minutes or until golden brown on top. Place a skewer in the center of the bread and when the skewer comes out clean, it is ready to remove.



