



Morning Mindset Tools

1. Morning Routine Card — Affirmations + Breath Cues

Purpose: Set the tone of your day before the world touches you. These are the foundational habits that retrain your thoughts, regulate your nervous system, and create calm consistency.



Affirmation Practice

- **When:** Within 5 minutes of waking (before checking your phone).
- **How:** Press play on your chosen *morning affirmations*. You can find free ones on YouTube or inside the *For the Love of Us* community.
- **Duration:** 5–30 minutes (any amount counts).
- **Focus:** Listen like it's your truth. If an affirmation feels untrue, that's the one you need most.

Examples:

- “My body is wise and capable of healing.”
- “I nourish myself with love, not restriction.”
- “I am patient with my process and proud of my progress.”
- “Peace is my natural state.”



Tip: Repeat out loud if possible — the vibration of your voice reinforces new neural pathways.



Breath Cues (3–5 minutes)

Goal: Activate calm energy, not stress.

1. **Sit comfortably** — feet grounded, spine tall.
2. **Inhale through your nose** for 4 seconds.
3. **Exhale slowly** through your nose for 6–8 seconds.
4. **Pause briefly** at the end before inhaling again.
5. Repeat for 10–15 rounds, then sit still for a moment in silence.

Optional: Pair your breath with a short mantra like “Inhale calm, exhale tension.”



This pattern stimulates the vagus nerve, reduces cortisol, and trains your body to wake in rest mode rather than stress mode.

2. Morning Affirmations (Audio Prompt)



Listen while: making the bed, walking, or stretching.



Focus phrases:

- “I am grateful for another day to live in alignment.”

- “My body deserves kindness today.”
- “I make healing choices with ease.”

 *Visual cue:* Write one affirmation on your bathroom mirror each week in a dry-erase marker.

3. Evening Routine Card — Sleep Checkpoints

Purpose: Transition your nervous system from “doing” to “receiving.”

Sleep is where your body heals, digests emotion, and rebuilds strength.

Evening Wind-Down (45–60 minutes before bed)

1. **Digital sunset:** Lower lights, reduce screens.
2. **Reflect:** Write 3 things you’re grateful for today.
3. **Light snack (optional):** protein + fat combo (like turkey + avocado).
4. **Affirmations:** Play *sleep affirmations* or a calming guided meditation.
5. **Environment:** Cool room, dim light, clean sheets, soft music optional.

Sample Sleep Checkpoints

- I turned off bright screens an hour before bed.

- I practiced gratitude or reflection.
- I hydrated but didn't overdrink before sleep.
- I chose gentle sounds or affirmations to fall asleep to.
- I allowed myself to rest without guilt.