

morning routine

START WITH A HOT BEVERAGE

Grab a hot water & squeeze in some lime or lemon or make yourself a decaffeinated tea

STRETCH / YOGA

Try **this** 5 minute morning stretch routine

JOURNAL

Take 5-10 minutes to journal how you're feeling or follow a specific prompt. See next 2 pages for sample journal template & journal prompt to get you started.

AFFIRMATIONS

Write down 3 positive affirmations and write each affirmation 3 times. Ex: I prioritize self-care; Being calm and centered is a top priority.

MEDITATION

Take at least 5-10 minutes for a quiet or guided meditation. See the last page for an example meditation to release stress/tension in your body

HAVE A WARM BREAKFAST

Fuel your body with a warm breakfast such as stewed apples cooked in coconut oil or ghee or a bowl of oatmeal with organic berries

My Daily Journal

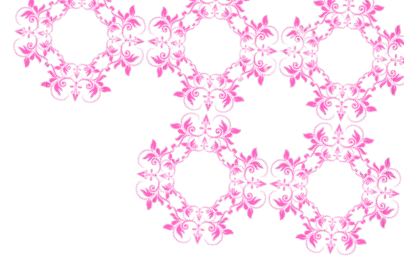
DAILY
CHECKLIST

Journaling *Meditation* *Yoga* *Affirmations*

WHAT I'M
THINKING
ABOUT

WHAT I'M
GRATEFUL
FOR

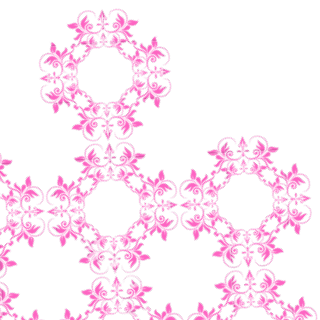
POSITIVE
AFFIRMATIONS



Journaling Prompt

FIND YOUR BALANCE

How do I feel in my body right now? Where am I holding my stress and tension? If I were talking to a child, how would I describe how I am feeling?






Meditation

FIND YOUR BALANCE

Practice the below on your own or practice with **this guided meditation**.

1. Find a comfortable seat. Sit up tall, with a straight line of energy from the crown of your head to your seat. Sit on a bolster or cushion or lean against a pillow or wall for support.
 2. Close your eyes
 3. Take 3 slow, deep breaths. Feel the breath fill up your belly, then your ribs, and finally your chest before you slowly release the breath back out.
 4. Return your breath to it's normal pace. Don't try to control it, just observe it. Is it slow? Is it fast? Do you feel the warmth under your nose? Do you feel your chest rising and falling?
 5. Now imagine a ball of light glowing from your heart-center. As you breathe in, imagine that the light is moving towards the place in your body in which you feel stress and tension. With each inhale, let the light get bigger and brighter and with each exhale, imagine the light is breaking up the tension in your body. Continue to do this until you feel the tension release, then move on to the next area of your body in which you feel stress.
 6. When you've finished, wiggle your fingers & toes and slowly come back to your body and open your eyes.
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