



YOUR *Daily Care* GUIDE

A MINDFULNESS WORKBOOK TO KICKSTART YOUR DAY

A&N

HOLISTIC HEALTH

WELCOME FRIEND



We are thrilled to have you join us on your journey towards health and wellness. At A&N Holistic Health we believe in nurturing the mind, body, and spirit. As health care providers, mothers, and entrepreneurs we've experienced firsthand the profound impact that a balanced lifestyle can have on our lives. Our mission is to support you in achieving your health goals through personalized coaching, compassionate guidance, and evidence based practice.

Thank you, *Andrea & Nicole*

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01 – INTRODUCTION TO DAILY CARE

This guide is designed to help you navigate your wellness journey by focusing on daily care. Whether you are seeking to improve your nutrition, manage stress, or simply find a state of balance in your busy life we are here every step of the way. Incorporating daily care such as morning rituals and gratitude can enhance feelings of optimism and set you up for the day ahead; and who doesn't want to start their day off happy!

Remember your morning ritual should complement your day and be easily incorporated to bring you joy. It should not be complex, or leave you stressed for time.

- Morning rituals: small actions to give our day momentum.
- Expressing gratitude helps us to regularly focus on the positive in our life.

Review the suggestions and find what works best for you.



02 – MINDSET AND MORNING RITUALS

Your morning ritual has the power to set the tone for the rest of your day. Morning rituals are more than just a morning routine; they are opportunities to nurture your mind, body, and spirit, ensuring you begin the day with intention and vitality.

The key is finding a routine that works for your needs, your schedule, and your preferences. These are just a few ideas of morning rituals you can incorporate to enhance your physical wellbeing and cultivate a sense of mindfulness for your day.

Wake up with Purpose:

Set your alarm clock early to embrace the start of the day, and set time aside for self care.

Hydrate Mindfully:

Kickstart your metabolism and rehydrate your body with a glass of water infused with lemon, or splash of apple cider vinegar.

Move your body:

Incorporate gentle stretches, yoga, or a short workout/ walk to awaken your muscles and boost circulation.

Connect with Gratitude:

Cultivate gratitude by journaling or silently acknowledging the things you are thankful for.

Practice Mindfulness:

dedicate a few moments to meditation, deep breathing, or savoring a quiet cup of tea to center your mind. Also a great time to listen to a podcast while you are doing your routine.

Nourish yourself:

Enjoy a balanced breakfast rich in nutrients, proteins, whole grains, and fresh fruit or veggies.

Set Intentions:

Take time to reflect on your goals for the day. Set positive intentions to guide your actions and mindset.

THE MOST POWERFUL RELATIONSHIP YOU WILL EVER HAVE IS THE RELATIONSHIP WITH YOURSELF!

–STEVE MARABOLI



PREPARE A HEALTHY BREAKFAST

Hydrate first!!!

Protein packed options: Incorporate protein rich foods:

Eggs: scrambled, boiled, or in omelet with vegetables.

Greek Yogurt: paired with fruits, nuts, for added fiber and nutrients

Smoothies: blend protein powder, spinach, berries, and almond milk for a quick nutritious option.

Quinoa: Cooked quinoa with nuts, seeds, and drizzle of honey for a health start.

Chia Pudding: mix chia seeds with almond overnight and top with nuts and fruits.

Complex carbohydrates: include whole grains such as oats, whole wheat toast, or sweet potatoes to provide sustained energy.

Healthy fats: incorporate sources like avocados, nuts, seeds to enhance satiety and support brain health.

Avoid Coffee on an Empty Stomach: while coffee is a go-to for many, it is best enjoyed after eating to avoid potential stomach discomfort, spiked cortisol levels, blood sugar fluctuations, and mitigate effects on the gut microbiome.



03 – GRATITUDE

At A&N Holistic Health we believe that cultivating gratitude is a powerful tool for enhancing your overall well-being. This gratitude journal is designed to help you focus on the positive aspects of your life, and develop appreciation and joy.

Why Practice Gratitude

Gratitude shifts your focus from what you lack to the abundance that surrounds you. By regularly acknowledging the things you are thankful for you can experience numerous benefits:

- improved mental health
- enhanced mood and emotional resilience
- better physical health
- stronger relationships
- increased mindfulness and presence

You may not get to this every morning, but do incorporate at least 5 minutes of gratitude journaling sometime during your day, and see what a positive impact a simple task can produce.

Set Aside Time: dedicate a few minutes each day, preferably in the morning or before bed to reflect on the positive moments in your life.

Be Specific: instead of general statements focus on specific details For example “I am grateful for my family” versus I am grateful for the supportive conversation I had with My sister today”.

Reflect on Challenges: Consider noting down how overcoming a challenge has led to growth or positive changes. This helps reframe difficulties as opportunities for learning and resilience.

Include Small Joys: Recognize the small things that bring you joy, whether its the warmth of the sun, a good book, or a walk.

Write Freely: There are no rules or wrong entries. This journal is a personal space for you to express your gratitude authentically.

Grab your journal to write down your thoughts.



04 – STAY CONSISTENT AND CONNECTED

Congratulations!! Making changes is not easy. We hope that by starting with small daily practices they will become habits, and leave you feeling motivated.

A fulfilling life is built on the foundations of self-care, gratitude, and balanced routines. This workbook is designed to help you incorporate these essential elements into your daily life, ensuring that each day begins with purpose and positivity.

Incorporating small intentional steps will help you build confidence as you work towards your health goals. We understand you may not get to this every day, but even engaging with these practices several times a week can significantly change your mindset and overall well-being. Consistency is more important than perfection, and every small step you take brings you to your health goals.

Thank you for allowing us to be part of your wellness journey.

Love Andrea and Nicole

If you need further help on your journey connect with us:

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