

Intuitive Morning

The whole idea of a morning routine is to start your day with our best face forward if you will. This is your chance to feel amazing, think thoughts that make you feel at ease, full of joy and to wake your body up with the best kind of energy.

Using the Intuitive Morning is your first step towards living a restorative based lifestyle, where you feed your heart and soul juicy delicious goodness that keeps you coming back for more and allows you to flourish all at the same time.

The purpose of this... to feel loved, grounded and your best and highest self. So our list is curated to offer you some of the most proven activities to give you just that.

Start by choosing 2 things on the list. Whatever you feel like doing that morning, just 2. The first day I think I had just enough time to make my bed and drink some lemon water. Then make your coffee/tea (your gift), and use the good cream (because lets face it, coffee without cream is like sex without an orgasm!) And as you take your first sip tell yourself how proud you are for keeping your word, and for doing something good just for you (words of affirmation). ...well that was easy!!

After a full week of listening and rewarding you, try adding a 3rd. The key is, there's no pressure. Do what you can, play, try something new. Every morning choose your own adventure, start your day your way with juicy delicious things you love. The only routine is the one that works for you, in the time you have, in a way that makes your heart sing!



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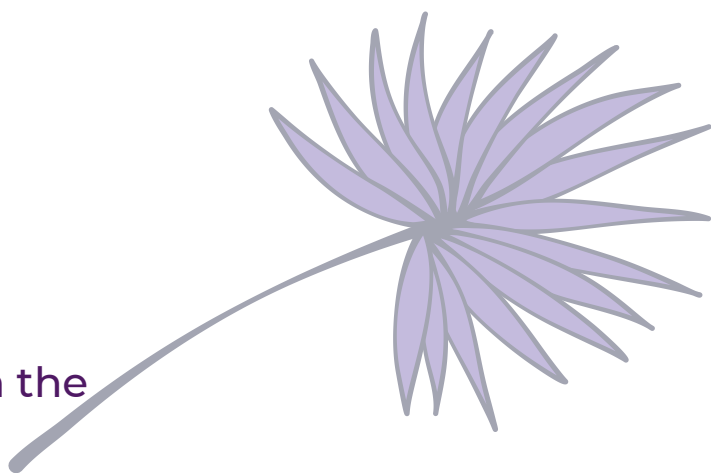


ALANA MCCLURE

REDEFINE YOUR FUTURE

30SEC TO 1MIN

- Get out of bed no snooze
- 8oz lemon water
- Say "I Love You" x3 out loud looking in the mirror
- Hug 1 person or yourself - min 30sec
- Say 1 affirmation x3



2-3 MIN

- Make your bed
- Jumping jacks or trampoline jumping
- Say a short Prayer
- Pull and read a card for yourself
- Watch a Motivational video - YouTube
- Write a Gratitude Bullet List

5 MIN

- Write a Thank You note to mail
- Stretch/Yoga
- Meditate or Self-Hypnosis
- Wash Your Face with a good regimen
- Dance
- Read & Visualize your goals



10-15 MIN

- Yoga/Workout
- Meditate
- Journal
- Write a Gratitude Letter
- Motivational/Inspirational Podcast
- Paint/Craft
- Read
- Walk outside

CONGRATS!

 When you finish you can make your coffee/tea.
Your first sip is your reward.
Close your eyes, take your sip and as you do
say "You are the most important person to me.
I am so happy to take care of you & proud that
I kept my promise. I love you."

