

Intuitive Morning

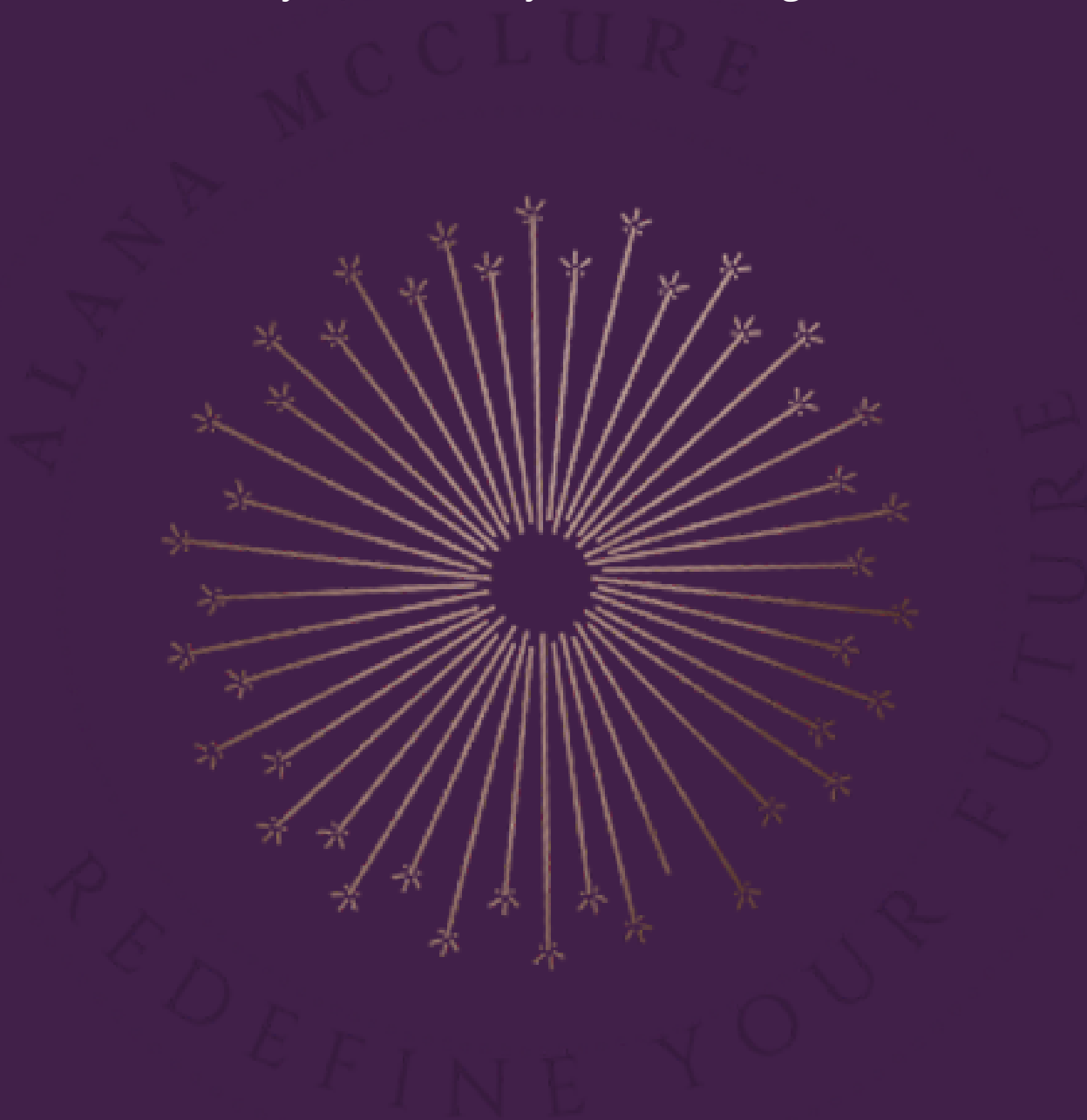
The whole idea of a morning routine is to start your day with our best face forward if you will. This is your chance to feel amazing, think thoughts that make you feel at ease, full of joy and to wake your body up with the best kind of energy.

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.

I started by choosing 2 things on the list. Whatever I felt 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 I made my coffee (my gift), used the good cream (because lets face it, coffee without cream is like sex without an orgasm!) And as I took my first sip I told myself how proud I was of myself for keeping my word, and doing something just good for me (words of affirmation). ...well that was easy!!

In a week I felt so good I added a 3rd non-negotiable item and a week after that a 4th. Every morning I choose my own adventure, start my day my way with juicy delicious things I now love with zero pressure and zero guilt. No more feeling 'not-good enough' No more searching for THE right routine. 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 tell yourself how happy and proud you are that you kept your promise.