

The Morning Edit

Reclaim your hours before the world demands who you are



The 4 Phase Morning: Creating your own Sanctuary

Phase 1: The Internal Reset

Choose a consistent time to show up for yourself. Find the hour that feels good to you and not a life sentence.

- Your silence starts here, before the noise of the world starts to creep in.
- Move your body. Choose 30mins of movement.

Phase 2: Curating the Sanctuary

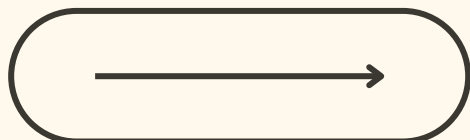
Building a peaceful space starts with you.

- 15mins of intention - clean your space.
- Fuel - a warm cup with the calm fuel of coffee

Phase 3: The Transition

Move from self to the collective

- The Prep: The quiet act of setting the stage for the ones you love. Prepping lunches and packing backpacks is the work that makes the rest of the day possible.
- The Bridge: Transition from mom to creator. Find a podcast that speaks to your dreams and let this motivate the deep work ahead.



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Phase 4: The Profit Window

- Map the day: Instead of reacting to a full list of to do's. Map out your day from high priority to low priority.
- The Essential Three: What are your three non-negotiables that move your business, personal, or financial goals.

Tip: If you are balancing a day job with your creative dream, you understand the in-between. Your best work will be done in the nooks and crannies of your life. The morning silence, the mid-day reset, or the nightly reflection when the house is settled. Embrace the chaos, it's where the magic often is found.

My last piece of advice:

The best stories are the ones we write ourselves. The goal is about showing up not perfection. It's the repetition that turns ambition into a career. You have the grit and the vision. Keep turning the page.

For more check out my website lifestylebychelsie.com