

## Morning Routines

### Design your Morning Routine

Commit to a 5-20 minute practice a day. Start small to secure success.

Right now my daily body-breath practice will be \_\_\_\_\_ minutes each morning.

What visual cue can I set out the night before to start my morning breath work?

Example-Clothes are set out, meditation cushion is out.

How will this 5-20 minute body breathe practice pay off for you in the long term if you were to never skip a day for the next year?

What could make an existing practice even more effective?

Will I do the same practice each day or mix it up?

Example

M- Yoga

Tu- Ab workout

Wed.- Yoga

Th.-Ab workout

Friday- Yoga

Sat.- Booty workout

Sun.- Walk

## Morning Routines

Now create your 7 day morning breath practice:

Monday\_\_\_\_\_

Tuesday\_\_\_\_\_

Wednesday\_\_\_\_\_

Thursday\_\_\_\_\_

Friday\_\_\_\_\_

Saturday\_\_\_\_\_

Sunday\_\_\_\_\_

**Moring Strategies Worksheet**

## Morning Routines

<b>What I usually do right when I wake up is:</b>	<b>What I want to change first to start the day right is:</b>
<b>What would be best for my body in the morning is:</b>	<b>What I want to add in later, once the above change is natural is:</b>
<b>What would be best for my potential spirit/soul in the morning is:</b>	<b>What my ideal morning looks like a year from now is:</b>

**What is your biggest obstacle in starting the day right?**

**What is your strategy around this obstacle?**

## **Morning Routines**

**What do you sense would be the side benefits you'd experience if you started the day right?**

**Can you commit to starting the day right 4-5 mornings a week?**

**Envision**

**What I feel like when I start the day right?**

**What il feel like when I start the day wrong?**

## Morning Routines

### **Ayurveda Suggested:**

#### **Upon Waking**

Wake before the sunrise

Uniate

Rinse face with cold water & scrape tongue

Drink warm lemon water

Bowel movement

#### **Start every morning with:**

Pranayama

Meditation

Yoga

Have a morning routine that you enjoy