
5 Step Morning Routine for Thriving

Just 15 minutes in the morning can change your whole day for the better. It has the power to improve your health, happiness, relationships and success. Instead of just showing up and hoping for the best, create your ideal day with these 5 steps!

- 1. Power up:** Appreciate the gift of a new day by sitting up straight in bed, taking a deep breath and thinking of one thing you'd like to feel or experience for yourself in your day. Keep it simple and positive, use the present tense and feel certain that you'll get to experience it. Example: I am productive and get everything important to me done.
- 2. Read for Inspiration:** Reading inspirational text gives you a higher vibrational perspective, which can shift your thoughts from worry to possibility. Spend 2-5 minutes reading highlighted passages of books you've already read or read new inspirational material.
- 3. Gratitude:** We create what we focus on. Write a list of 3 things you have deep gratitude for (no typing, writing will create new neuropathways in your brain around old thought habits).
- 4. Water:** Every cell and system in your body needs water to function and you've just lost 1 pound of it while you slept. Drink 16 ounces of room temperature, filtered water each morning to rehydrate your brain and body. It will help boost your metabolism, your energy, your mood and improve the clarity of your thoughts.
- 5. Meditate:** Meditation is your time to feel ease and set your system to manage the activity of the day. The easiest way to meditate is to sit comfortably with your eyes closed and allow your mind to focus on following your breath deeply into the bottom of your lungs and then out slowly through your nose. Repeat this for at least 2 -10 minutes. If your mind wanders, simply let it be ok and return to following your breath. Allow yourself to feel ease as your body naturally relaxes into the rhythm of your breath. ***See page 2 for a list of tools and exercises to support your meditation practice.***

BONUS

- **Realign:** Life evolves and so do you. Set a mid-day reminder on your phone to reconnect with your morning intention and get back on track with how you want to feel.

Love these tips? Visit my website at ellenpalmerwellness.com to schedule a complimentary consultation to see if The Ideal Life Method is right for you. The time to start thriving in all areas of your life is now.

MINDFULNESS & MEDITATION RESOURCES

(Click for access)

- **Insight Timer App**
<https://insighttimer.com>
- **Calm App**
<https://www.calm.com>
- **Body Scan Meditation with Dr. Jon Kabat-Zinn** (29 minutes)
https://youtu.be/15q-N-_kkrU
- **EFT/Tapping with Nick Ortner** (22 minutes)
<https://youtu.be/ZfZBHWSbrsg>
- **4-7-8 Breathing Technique with Dr. Andrew Weil** (2 minutes)
<https://youtu.be/p8fjYPC-k2k>
- **“Chew a Raisin” Activity with Clare Josa** (3 minutes)
<https://youtu.be/z2Eo56BLMjM>
- **Power Thought Cards**
<https://hayhouse.com/power-thought-cards-a-64-card-decks>
- **Loving Kindness Meditation with Jamie Zimmerman** (9 Minutes)
<https://youtu.be/MKtXw-tivZg>
- **Self-Compassion Meditation with Tara Brach** (17 minutes)
<https://youtu.be/mYk-MldGDWA>
- **Artists Way Journaling Exercise by Julia Cameron** (3 minutes)
<https://juliacameronlive.com/basic-tools/morning-pages/>
- **Mindful Yoga**
<https://www.yogajournal.com/practice/peace-of-mind>