

Good Morning

A Morning Routine to Start Your Day with Clarity and Purpose

1. Wake Up Gently

Take a few moments to breathe deeply and wake up slowly. Let yourself feel grounded before jumping out of bed.

2. Hydrate and Refresh

Drink a glass of water to rehydrate and signal to your body that it's time to start the day.

3. Energy Clearing

Stand or sit comfortably, close your eyes, and imagine a cleansing white light washing over you, clearing away any lingering negativity or tension.

4. Set an Intention

Think of one positive intention for the day — it could be to stay calm, be productive, or enjoy the moment. Say it aloud or write it down to make it feel real.

5. Visualise Your Ideal Day

Spend a few minutes visualising how you want your day to go, seeing yourself handling tasks with ease, staying calm, and feeling fulfilled.

6. Gentle Movement

Incorporate a few stretches or gentle yoga poses to wake up your muscles and get your energy flowing.

7. Express Gratitude

Think of three things you're grateful for, big or small. This boosts your mood and helps you start the day with a positive outlook.

8. Take 5 Deep, Intentional Breaths

Stand tall, close your eyes, and take five deep, slow breaths. With each inhale, imagine drawing in fresh energy, and with each exhale, release any lingering stress or tension. This centers you and prepares your mind and body to move into the day with calm and focus.