

A MORNING ROUTINE starts your day proactively, allowing you to gather yourself and plan for your day. When you wake up and make no time for yourself, your day will be dictated by your emails, problems, and other people's needs. But starting the day intentionally gives you time to focus on yourself and your priorities. Only then will you increase your success and overall fulfillment. This routine is a daily preparation for your mind and actions. It might feel forced in the beginning, but give it time and make it your own. You will come to treasure this time that you are devoting to yourself and your growth!

Do this before you look at your phone or computer. Emails and Instagram can wait 15 minutes!

AWARENESS

Your first step is to start with awareness. Recognize how you feel and what you can do to get into your optimal zone.

VISUALIZATION

Spend time thinking about the goals you are working towards. Do you want to finish a painting? Surpass a financial mark? Be the best version of yourself? Visualize it now.

INTENTIONS

Create your intentions for the day and write them down. These are actions you intend to take that will get you closer to your goals. For example: reach out to 5 past clients for testimonials.

AFFIRMATIONS

Write out 3-5 affirmations. I like to have a few affirmations that relate directly to my intentions and one or two longer-term. For example, "I genuinely connect with past clients." "I am a multimillion dollar producer." "I am fully capable of achieving my goals."

GRATITUDE

Be grateful for everything, big and small. Gratitude grows your mind towards a place of abundance. Write out all the things you are thankful for daily. Your list may start out generic, but it will get specific in time as you slow down and learn to be present.

PRAYER / MANIFESTATION

I believe in the power of prayers and make it part of my daily routine. In fact, I recommend writing down your prayers. If you want another option, work on manifestation. Put it out there what you want to create and receive.

LEVEL UP

Once you master the mindset portion, start to incorporate physical activity and education in your morning routine. Physically moving your body and stimulating your mind creates energy and confidence. Do something active and read a few pages of a book or listen to a podcast.

DATE: _____

Today I feel _____

I can adjust and get into my optimal zone by _____

My intentions for today are

1. _____

2. _____

3. _____

4. _____

5. _____

My affirmations for today are _____

I'm praying or manifesting _____

I'm grateful for _____
