



## A Positive Morning Routine to build on Positivity, Spirituality and Wellness.

1. Wake up Early:
  - Set your alarm for a consistent wake-up time that allows you to have a leisurely morning without rushing.
2. Hydrate:
  - Drink a glass of water first thing in the morning to rehydrate your body after a night of sleep.
3. Gratitude Practice:
  - Take a moment to reflect on three things you are grateful for. This can help shift your mindset to a positive and appreciative state.
4. Mindful Breathing or Meditation:
  - Spend a few minutes practicing deep breathing exercises or meditation to center yourself and create a sense of calm before starting your day.
5. Spiritual Connection:
  - Engage in a spiritual practice such as morning prayer, reciting affirmations, reading a sacred text, or connecting with nature. This step can help you align with your deeper values and beliefs.
6. Movement:
  - Incorporate some form of physical activity into your morning routine, whether it's a quick stretching session, a short walk, or a brief workout to energize your body and mind.

7. Healthy Breakfast:

- Fuel your body with a nutritious breakfast that includes protein, fiber, and healthy fats to sustain your energy levels throughout the morning.

8. Personal Development:

- Take some time for personal growth by reading a few pages of a motivational book, listening to a podcast, or engaging in a creative activity that inspires you.

9. Plan Your Day:

- Reflect on your goals and priorities for the day ahead. Make a to-do list or schedule your tasks to set a clear direction for your day.

10. Affirmations:

- Repeat positive affirmations or intentions to set a positive mindset for the day and boost your confidence.

11. Get Ready for the Day:

- Take a shower, get dressed, and prepare for the day ahead with a sense of purpose and readiness.