

MORNING ROUTINE IDEAS

Physical

7 MINUTE WORKOUT APP
DANCE
YOGA
MOBILITY WORK
STRETCH
3X1 MIN THE PLANK
3X10 SQUATS
3X10 LOUNGES
GO FOR A WALK

Guided meditation

HEADSPACE APP
TARA BRACH'S PODCAST
BUDDHIFY APP
CALM APP

Feed the mind

WATCH A TED TALK
READ A BOOK
READ AN ARTICLE OR WATCH AN INTERVIEW CLIP
OF SOMEONE YOU ADMIRE OR LOOK UP TO

Laugh

WATCH YOUTUBE VIDEOS OF SOMEONE THAT
MAKES YOU LAUGH, E.G. ELLEN DEGENERES
TRY LAUGHTER YOGA

Meditation

FOCUS ON YOUR BREATH
FOCUS ON A WORD OR PHRASE
FOCUS ON A SPOT IN FRONT OF YOU
JUST LET THE MIND WANDER FOR 5 MIN
RECITE A FAVORITE POEM WITH INTENSE FOCUS

Journal

ON LAST NIGHT DREAMS
HOW YOU WANT TODAY TO GO
WHAT YOU WANT FROM LIFE
"TALK" TO YOUR INTUITION

