

Paige.

The PlayBook

MEMBERSHIP



mind *glow*

Guest Expert Lesson

@MIND.GLOWW

Welcome

The power of routines

Why we get overwhelmed with daily routines

The misconception about routines

How to organise your routine without overwhelm

Anchoring a feeling to your routine

Create your ideal morning routine for success

Closing visualisation

Welcome to the creating routines without the overwhelm workshop.

This is a gentle, grounding & powerful workshop for woman who feel overwhelmed by her own routines.

What you'll walk away with:

- Understand why your current routines might feel overwhelming
- Learn the biggest mistakes we make when organising our days
- Shift your mindset from rigid discipline → soft structure
- Create a morning routine framework that feels calm and sustainable
- Choose a feeling to anchor your mornings around
- Leave with a simple, flexible daily structure you can actually maintain

My intention for you today is that you leave feeling lighter, clearer, and more in control — not with a longer to-do list.

The power of routines

- Reduce decision fatigue
- Calm the nervous system
- Build self-trust
- Increase consistency
- Create momentum in business

When something becomes automatic → it frees mental space for creativity and leadership.

Atomic Habits by James Clear – small repeated actions compound.

Why we get overwhelmed with daily routines

Not giving enough time for each task

- 10-minute workout
- 5-minute journaling
- 3-minute meditation
- → constantly rushing.

Filling up the planner

- No white space
- Back-to-back calls
- No transition time

Designing a routine for your “ideal self” Instead of your real capacity.

Trying to copy someone else’s routine
(Instagram morning routines are aesthetic- not realistic)

All-or-nothing mindset

“If I can’t do all 7 steps, I’ve failed.”

Misconception of routines

Misconception:

Routines = rigid, masculine, grinding, strict.

But routines can actually be:

- Feminine
- Cyclical
- Intuitive
- Fluid
- Soft but structured
- Exciting

Instead of “I have to do this” shift to “this supports me”

Introduce the concept of: *Soft Discipline*

Structure that supports your nervous system.

Routines should feel like:

- Safety
- Grounding
- Flow
- Alignment

Choose your morning routine word

“How do you want to FEEL before starting your work day?”

Examples:

- *Calm*
- *Powerful*
- *Grounded*
- *Soft*
- *Energised*
- *Focused*
- *Magnetic*

Morning routine for business owners (without overwhelm)

Instead of a 10-step checklist, I like to keep it simple and use the mind, body & soul framework.

Choose one thing for your mind, for your body and for your soul (that reflects how you want to FEEL)

Mind

- *5–10 min journaling*
- *Read 2 pages of a book*
- *Review goals*
- *Affirmations*
- *Brain dump*

Body

- *10 min stretch*
- *Walk outside*
- *Slow yoga*
- *Skincare*
- *Breathwork*

Soul

- *Gratitude*
- *Prayer*
- *Visualisation*
- *Sitting in silence*
- *Coffee in peace without phone*

How to organise your routine without the overwhelm

1. Build Around Energy, Not Time

Ask yourself:

- *When is my energy highest?*
- *When do I feel slow?*

2. Add White Space

Leave:

- 15 min transition buffers
- At least one flexible gap in the morning

3. The Rule of 3

No more than 3 core morning habits.

4. Create Levels

Have:

- “Minimum” routine (10 mins)
- “Standard” routine (30 mins)
- “Expanded” routine (when you have time)

Creating your ideal morning routine for calm, success & flow

- *What drains me in the morning?*
- *What makes me feel rushed?*
- *What would make my morning feel luxurious instead of chaotic?*
- *What can I remove?*

Checklist:

- Happy with your choice of word (anchor)
- Building from your energy levels
- Rule of 3: mind, body & soul framework
- Create 3 time levels for your morning routine

Reminder: success comes from sustainability, not intensity.

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A Paige Turned by Mind Glow

BECAUSE MINDSET IS PART OF THE STRATEGY.

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