

Align morning routine...

- I set my alarm for 2 hours before I need to do anything else (not even a shower)
- I get out of bed immediately when the alarm goes off and no longer use the snooze button - the snooze button is NOT our friend.
- I drink a tall glass of room temperature water and take my vitamins - imperative that we hydrate after sleep.
- I use the washroom and look in the mirror and high five myself (thank you Mel Robbins for a VERY powerful tool).
- I sit down in my cocoon space to meditate with a cushion and a blanket. This can be for 5 minutes, 10 minutes, 20 minutes. Just do it. Guided meditation, quiet music or just sitting in silence is perfect.
- I prepare a warm beverage of choice (coffee for me). I am all about comfort.
- I light a candle and sit down with my journal and I write. This signals to my brain that this is a sacred time and to let thoughts flow. I listen to binaural beats on Youtube while I write.
- I read something of interest to me or work on something creative.

That's it. These simple steps have changed my life. I stand taller and breathe deeper knowing that I have taken this time for myself, and that I will take it again tomorrow. No matter what the day holds, my practices allow me to feel grateful and better prepared for whatever the day brings. I schedule time for my workouts throughout the week as this is also essential for me.

What is a gift you give to yourself in your morning routine? Do you need work in this area? Are you ready to give to yourself first?

Email me at support@aligntools.com or go ahead and schedule a [discovery call](#).