



## DAILY MORNING ROUTINE

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- ❖ First thing in the morning when you wake up, open your curtains or blinds and allow sunlight to fill the room.

- **Tip:** Remember the sun is always present. If it is cloudy, find the sun behind the clouds and visualize its light and warmth shining through.



- ❖ Take 3 deep breaths. Breathe in deeply for 4 counts, hold it then exhale for another 4 count. When you are holding the breath, think of something that you are grateful for. Repeat this a minimum of 4 times.

- **Tip:** Find new things to be grateful for every day.
- **Tip:** While breathing your stomach should be expanding, not your

chest.

- **Tip:** If you are particularly stressed, when you exhale let out an audible sigh.
- ❖ On each breath, inhale and stretch your arms out, reach through your fingertips, and raise your hands up above your head. Slowly bring them back down to your side on the exhale.
- ❖ Visualize the sun filling up your entire body with light with each breath while your arm movements are welcoming the bright sunlit energy into your space.
  - **Tip:** If you struggle with waking up early in the morning, put your alarm (phone) near a window preferably but anywhere that you would have to get up and move.

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