

Early-Morning-Success-Rituals

"Your morning will dictate your day, your day dictates your week, your weeks dictate your month, and your months dictate your year."

How do you start your mornings? Are you intentional with your time? Press the restart button and start your day on the right foot. Change your mindset.

"Use your mind, don't let it use you."

Start in increments. Find what is right for YOU. How do you want to spend your morning? Make sure it is sustainable.

How:

1. When do you want to start your day?
2. How long do you want to spend on your EMSR?
 - a. 10 minutes? 15 minutes?
3. How long will you spend on each area?
4. Tie these activities to how they will help you reach your goals.
5. What do you want to do first? (maybe even before getting out of bed or in the shower!)

Examples:

1. Deep breaths
2. Stretching in bed
3. Visualization
 - Visualize how do you want your day to flow
4. Meditation/ Spiritual
5. Looking at your calendar/planning your day
6. Exercise
7. Review your goals

Benefits:

1. You will have a better day!
2. You will better react to situations throughout the day.
3. You will be better at staying in your bubble.
4. You will be more likely to hit your goals.