



# 5 STEPS TO START YOUR MINDFUL MORNING PRACTICE

## Supplies needed:

Notebook or journal

Pen or pencil

Timer (phone is fine)

Your thoughts

### STEP 1: SET YOUR ALARM 15 MINUTES EARLIER

I know this is not something you want to do and trust me, I recognize the importance of sleep. But I promise you'll begin to enjoy the routine & the quiet time.

### STEP 2: FIND A QUIET PLACE IN YOUR HOME

This can be tricky because you want to go to the same spot every day - and you want to be alone. You don't need much space but you should be comfortable while writing.

### STEP 3: EMPTY YOUR MIND ON PAPER

Often referred to as a thought download or a mind dump, literally write down all your thoughts - good or bad - happy or sad - get them out of your mind and onto the page! Set the timer for 10 or 15 minutes and get to it. Be honest. It could get ugly. But do it!

*Take note of your thoughts. Are they negative? Positive? "Judgey"? Happy? Sad? How do you want your thoughts to be?*

### STEP 4: REVIEW/REACT/REGROUP

Read through your list. Is there a recurring theme? Can you pick out a few items you want to focus on? Can you find a few thoughts that are not serving you? Cross them out!

### STEP 5: PLAN YOUR DAY

Pick out "the big 3" - three things you want to accomplish that day. Studies show that if you plan only 3 things to do, you will actually complete them! Extra tasks completed are a bonus.

*Continue these 5 steps every morning until they become a habit ~ usually takes about 30 days. Feel free to add other comforting items to your mindful morning practice to make it even more appealing. I always pour a cup of coffee and light a candle before I begin writing. Before long, not only will you look forward to this quiet time, but you will also become more productive and mindful about each and every day. As we all know, every day is a gift.*