

Make your
Morning Shift

**DESIGN A MORNING ROUTINE
& GET THE DAY STARTED IN
THE RIGHT DIRECTION!**



Feel better. Live Well.

“Remember, the moment you accept total responsibility for everything in your life is the moment you claim the power to change anything in your life.” — Hal Elrod, The Miracle Morning

Living the life that you love and showing up in the world the way you want begins with how you start the day. If you are not being intentional about your morning, this starts by making a

Morning Shift

How you wake up and begin the day matters - often times our mornings set the pace and the tone for the rest of the day.

How does it feel to wake up and feel tired, groggy, rushed... already wanting to call the day off?

When was the last time you woke up refreshed, eager and ready to start the day?

Focused, productive, successful mornings generate focused, productive, successful days—which inevitably create a pattern of you, living life and showing up in the world the way you want, the way you know you can.

By simply making the morning shift - in how you wake and move through your morning - you can transform any area of your life, in a way that maybe you never thought possible.

Morning person, or not.

It won't look the same for everyone, but **anyone can do this**. It does not need to be complicated, it just needs to be something that inspires you and is sustainable. You may have different plans for different days! Whatever works!



Step by Step to Your Morning Shift

DESIGN A MORNING ROUTINE
AND GET THE DAY STARTED OUR RIGHT!

STEP ONE

Assess

What is the problem you want to solve?
What do you want more of? less of?
examine your current habits...
What gets in the way?

Plan

How much time do you want to spend in the morning?
Write down what you want to do, what you don't want to do.
What tools will you need to nourish mind, body and spirit?

STEP TWO

Evaluate

What is working? what is not?
What are the non-negotiables - things that you will include even on the days you have less time.

STEP THREE



Don't place unnecessary limitations on what you want for your life. Think bigger than you've allowed yourself to think up until this point. Get clear on what you truly want, condition yourself to the belief that it's possible by focusing on and affirming it every day, and then consistently move in the direction of your vision until it becomes your reality. There is nothing to fear, because you cannot fail—only learn, grow, and become better than you've ever been before. Always remember that where you are is a result of who you were, but where you go depends entirely on who you choose to be, from this moment on.”

— Hal Elrod, *The Miracle Morning: The Not-So-Obvious Secret Guaranteed to Transform Your Life: Before 8AM*

STEP TWO - MAKE A PLAN



- **PREP THE NIGHT BEFORE.** Having all of your day's supplies, clothing and lunches ready, you create space for the morning you want - and still make it to where you need to be on time. Decide ahead of time what you want for breakfast.
- **WAKE THE SAME TIME EVERY DAY.** This helps your body establish rhythm so it's easier to get up in the morning. You can still sleep in when you choose!
- **Decide and prioritize mundane decisions-** for example, are you going to shower or fix your coffee and take the dog out first? Sounds silly but getting up and deciding on a whim can mess up your schedule!
- **Leave at the same time every day.** This, combined with waking up at the same time, gives your morning routine a set time frame.

Create your Morning Shift

CHECKLIST

Fill in the checklist spaces below with self-care activities that you can do in the morning. Not every day is the same - so you may need to switch it up a little when you have less time. Create a plan for your ideal morning

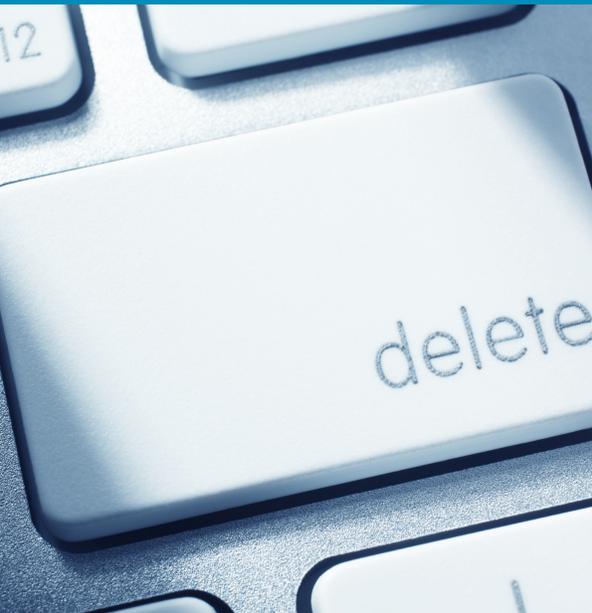
MORNING RITUAL

<input type="checkbox"/>	_____

MORNING RITUAL / SWITCHING IT UP

<input type="checkbox"/>	_____





What is going to keep you from being successful in making your morning shift?

Let's create a NOT To Do List.

What are the things that you do that take away from your goals or intentions for the day?

Examples: checking social media or email, maybe for you it's eating - maybe this is a good time to extend your fasting time, stay away from mindless busy work

Your NOT TO DO list should also align with your intentions.

MORNING SHIFT / NOT TO DO

<input type="checkbox"/>	_____



Tips based on the Science...



Don't shoot the messenger....

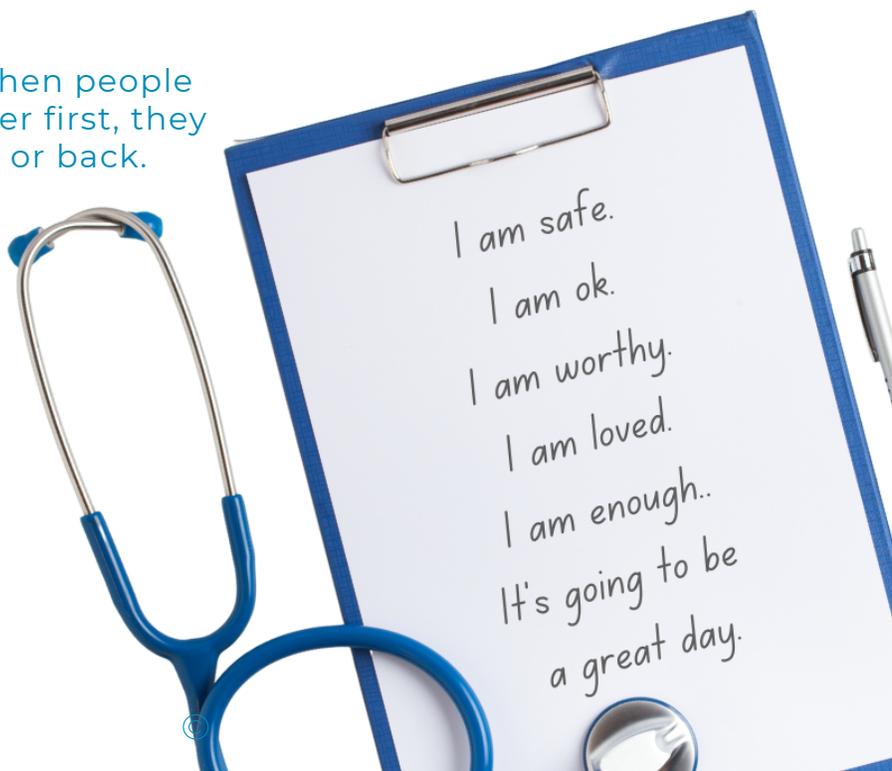
If possible, postpone your morning cup of coffee - I know, I questioned if I should bring this up. But, this is why:

Research shows that cortisol levels are naturally higher for the first 1-2 hours after waking. Higher cortisol levels increase your alertness already and minimize some of the effects of the caffeine. By the time you get to work, cortisol will usually drop to normal levels, making it the perfect time for an energy boost. Even better, minimize or avoid caffeine - choose a coffee substitute.

Get up on the Right side of the bed...

Chiropractors have found that when people get out of bed without rolling over first, they are at risk of straining their neck or back.

Try this: roll over onto your right side, then push yourself up into a sitting position before standing with a straight back (no hunching). This takes the pressure off your heart and back, and is a great, easy thing to add to the start of your day.



STEP THREE - EVALUATE

TRACKER

	WHAT WORKED / WHAT DID NOT	DONE
MON		<input type="radio"/>
TUE		<input type="radio"/>
WED		<input type="radio"/>
THU		<input type="radio"/>
FRI		<input type="radio"/>
SAT		<input type="radio"/>
SUN		<input type="radio"/>

MY MINDfull MORNING



This is what my ideal morning looks like - there are some days that this gets abbreviated, for sure! Having a plan, I'm sure to do something to get me started out right!

Wake (1.5 hours before I need to leave the house or begin work)

- Bathroom / Shower / EO to uplift and open airways, focus (20 min)
- Hydrate - 16oz water
- High Quality Supplements
- Breakfast (when fasting, I skip the am meal) (15min)
- Warm Beverage (Coffee, Tea, Matcha or MUD/WTR)
- Listen to motivational podcast or music (may listen to something short - 10 min. or listen as I get ready)
- Inspirational reading (10 min)
- Mindfulness exercise (3-10 min)
- Moving / Stretching (5-30 min)
- Set Intentions (choose what will make the day amazing) - sometimes while I'm finishing getting ready in front of the mirror
- EO therapy to match my intentions (apply or diffuse in the bathroom as I get ready, take on the go) (10 min)

Resources:

- [Growthday.com](https://www.growthday.com)
- [glorify-app.com](https://www.glorify-app.com)
- [Headspace.com](https://www.headspace.com)
- My Daily Bread (ourdailybread.org/videos)
- Calm
- 5 Minute Journal
- Spotify (create your own playlist)

Average get ready time: 53-95 min (Yes, this includes showering, dressing, hair, makeup, pet care...)



Morning Shift Essential Oil Favorites

BERGAMOT, ORANGE, GRAPEFRUIT, LEMON OR LIME
uplifting, calming, and purifying. Citrus plants stimulate the brain and make you feel awake immediately.
(do not apply to skin that will be exposed to UV light)

PEPPERMINT
increase your morning productivity, concentration, memory, and focus.

FRANKINCENSE
a powerful healer with many benefits. It balances mood, aids skin health, promotes a healthy gut, and prevents inflammation.

CEDARWOOD
Cedarwood soothes the mind while providing subtle energy.
improve your physical performance

EUCALYPTUS
purifies through the skin, cleans the air, and helps maintain oral health
You can even add a few drops to a moisturizer or use it in the shower each morning for rejuvenation.

BASIL
Naturally energizing, stimulates the adrenal glands to help people with brain fog in the morning

MORNING SHIFT DIFFUSER BLEND:

- 2 drops of cedarwood
- 2 drops of bergamot
- 1 drop of orange
- 1 drop of frankincense

Good Mornings to you!



I hope this helps to move the needle on your **MORNING SHIFT** - getting your days started out right, every day (or most days anyway!) I wish you all the success - that you would show up in the world the way you want to and live life in a way that brings you much joy. You were designed on purpose and the world needs to see you shine!

...and your family and coworkers need to hear you say with all sincerity "Good Morning!" (at least most of the time) !

Let's Stay in Touch!

I would LOVE to hear how your Morning Shift goes. You can share that with me via email at juli@reimaginewellness.org

and message me / follow me on IG or FB @reimaginewellness

If you want to take a deeper dive into shifting habits, mindset and practices that will help you to overcome your obstacles and experience the fulfillment that you seek - I would love to connect! You can schedule a free coaching discovery call - no obligation at reimaginewellness.org

Grace and Peace,

“Write it
on your
heart that
every day
is the best
day in the
year.”

– RALPH WALDO EMERSON

