

My Morning Practice



I have been asked on many occasions, 'What is my morning routine?'...I'm a firm believer in cultivating a great morning ritual, by getting up a little earlier, so I don't feel rushed, as I go about my morning...It helps me feel more energised, more focused and eliminates stress caused by the chaotic morning rush..

What I have come to learn over the years is that the best morning routines are the ones that align with what's most important to YOU...

My morning ritual has changed, as I've changed, it's been adapted, tweaked and is always an ongoing process.

Scientific research has shown that a morning routine has the ability to increase happiness, reduce procrastination, boost confidence, and improve overall performance...So, what you are waiting for, remember there's unexpected power in a morning routine.

Remember somebody's else's routine is not necessarily what's right for you! So, make it your own... you will be surprised at how powerful a regular morning practice can be...

Here's my morning ritual...

1. I wake up and take 10 fabulous, deep breaths.
2. I drink a large glass of lemon water at room temperature (When drinking water too cold or hot, it puts extra pressure on the kidneys, that either have to cool or warm the water up).
3. Make my favourite cup of coffee, yes, I love a morning coffee...
4. Write down my affirmations, and set my intentions for the day, such as 'Today I will stay in my heart and not in my head'. I always keep my intentions simple, so I'm not overwhelmed.
5. I settle into a cosy morning 'Touch Yoga' practice for ten minutes.
6. Eat my breakfast, which tends to be overnight oats with fruit, cinnamon, and chia seeds.
7. I coconut pull, brush my teeth and tongue scrape.
8. Go about my day, practicing gratitude always.



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