

# Mastering your MORNINGS

***The most successful people always give themselves at least 1 hour of personal time in the morning.***

## **Rule I: Practice Mindfulness**

Whether you choose silent or guided meditation, practicing gratitude, tense and relax exercises, tactile or visual exercises, or visualizations. Whatever feels best for you. If you like guided meditations, check out the 6-phase meditation that incorporates many practices into a 15 minute session!

## **Rule II: Get Active & Drink Water**

Whatever you choose to do that makes you sweat and energizes you for the day ahead. Go for a walk, run, hike, swim, dance, yoga, or any other activity that you feel safe and comfortable implementing.

## **Rule III: Plan your Day**

Take a few minutes to review your schedule and prioritize your tasks for the day. This can help you stay organized and focused throughout the day.

## **Rule IV: Set Goals**

Focus on three important goals that you have for the next day, month or even year. Imagine what it would feel like to accomplish these three goals.

