



## My Grounding Morning Routine

Note: This is what works for me, but your list and routine will likely look different. What is important is being intentional about how you start your day. If you're really not a morning person you can focus your energy on being intentional about your evening wind-down routine.

- Wake up
  - Set alarm on actual alarm clock not phone if possible and don't snooze! Snoozing just makes me feel more tired even if it feels good in the moment
  - Drink a glass of water
- Meditate
  - 5-10 minutes quietly with timer or guided with Headspace app
  - It helps to have a dedicated place away from your bed to separate sleep time from meditation time
- Journal
  - 5-10 minutes using these guiding prompts based off the [Five Minute Journal](#)
  - "I'm grateful for..." list 3+ things
  - "Today will be great if..." 3 priorities or things I want to accomplish that day
  - "I am..." 3 affirmations about myself
- Workout
  - 30 min-1 hour workout
  - I like to workout in the morning because it energizes me and I'm much more likely to skip a workout after a long day of work