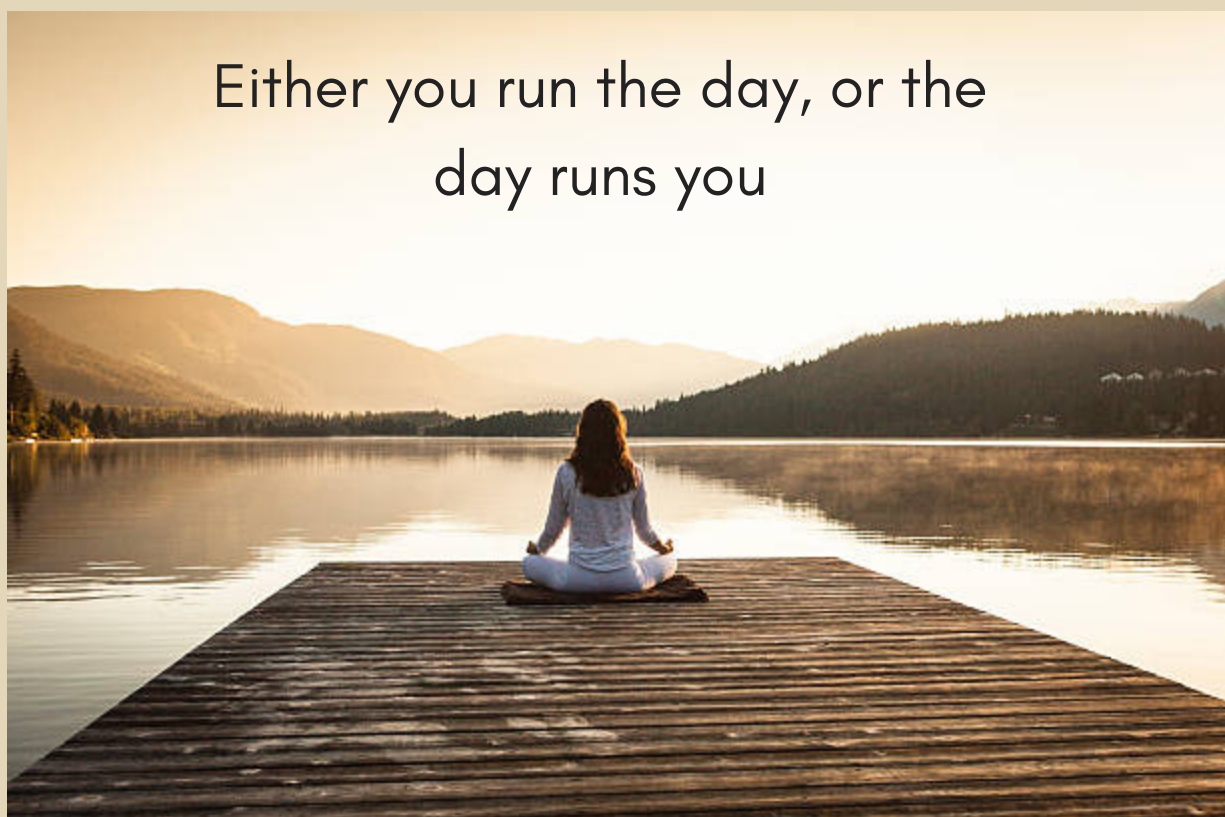


HOW TO CREATE AN INTENTIONAL MORNING ROUTINE

Either you run the day, or the day runs you



1. WAKE UP AT 5AM

MOST IMPORTANTLY - GET A GOOD NIGHT SLEEP (7-8 hours) MINIMUM. Start your morning the night before. Then...spend a minute visualizing your ideal day and expressing gratitude for yet one more morning you get to be alive. Mentally rehearse how you want your day to go, before getting out of bed.

2. SCRAPE YOUR TONGUE

That white stuff on your tongue in Ayurveda (the sister science to yoga) is called AMA = TOXINS. That's the body trying to rid itself of left over undigested food and gunk. Your tongue is a roadmap to the health of your organ body. Google an Ayurvedic tongue map and you can learn to understand what's going on deep inside.

3. GUZZLE WATER

This is not for hydration purposes, this is for peristalsis and elimination. Within 10 minutes of waking up, guzzle a large mason jar of warm water with lemon. Think of it as a tidal wave whooshing through your intestinal tract to stimulate a bowel movement. Ever been constipated? Nobody wants to walk around all day with fecal matter stuck in their colon -- literally junk in the trunk. Get that s&*t out and THRIVE in your day

4. ELIMINATE

This may be easier said than done for some. If pooping is a problem, let's nip that issue in the butt. If you're constipated, your system is not operating optimally, and over time that buildup of undigested food and AMA turns to inflammation and eventually disease. This is worth taking the time to remedy. Start with a huge morning water flush. If that's not instigating movement, start to look at your diet and where you can add in foods that stimulate the digestive process naturally.

5. MEDITATE

The yogis refer to this time between 2-6 a.m. as "Brahma Muhurta" and call it THE most magical and creative time of the day when consciousness is the most expansive and you get to create yourself. Settle onto your meditation cushion, sit for 15-20 minutes, and open your mind to a bigger perspective, connect with your inner guide, drop in, and expand out.

6. MOVE YOUR BODY

This usually is 15-20 minutes of movement. Here's when we get out of our sleepy heads and into our bodies. If I'm teaching yoga that day, I'll practice my class. If I'm taking a yoga class later in the day, I'll balance it out with more of a cardio workout -- jumping jacks, burpees, light weights, or a short vigorous walk. No matter what you have planned "exercise-wise" later in the day, choose a practice that cultivates the opposite. Point being, MOVE YOUR BODY FIRST THING in the morning, somehow, some way. If this sounds impossible, start with one minute of jumping jacks. You'll feel the benefits and naturally want to do more. Build from there.

7. NOURISH YOUR BODY

Blend up a green smoothie. This is the best way to get a good shot of chlorophyll into the bloodstream along with all the nutrients that dark leafy greens offer. Try kale, dandelion, spinach, or romaine, the darker the better. Lean more toward greens and less toward sweet fruits. Add avocado for fats. It's easy to load up on unnecessary sugars that don't offer the same benefits. You want to drink this on an empty stomach. If after 20 minutes you still have an appetite, eat a healthy, easily digestible breakfast like oatmeal, stewed apples, grainy toast, and eggs. Just allow time for your smoothie to digest and perhaps it will be enough to hold you through to lunch.

8. INTENTIONALLY VISUALIZE & PLAN YOUR DAY

If and when I don't do this, my entire day is a crap shoot -- who knows what'll go down. After 45 minutes of taking care of your body's needs, opening to a bigger picture of life, and moving your body, I'll take this time with my morning smoothie (these can be made in batches the night before and kept in the fridge for 1-2 days for optimal freshness) to pull out my journal and open my Google calendar. I check in with what I have on my calendar and confirm it's doable. If not, it gets moved. I've developed this habit and streamline it every day - it only takes 5 minutes. If I can, I'll tap into this creative time of the day and write for my website, my blog, and others. Twice a week I wake an extra half-hour earlier to JUST write.

A FEW EXTRA TIPS:

DITCH PERFECTION- Don't let the "perfectionist mindset" convince you that if you can't do it all, why bother. There's always something you can do to set yourself up for a better day than if you did nothing. Start small with trying some new morning routine habits 1-2 days a week and let it grow from there. If you can only do 1 minute of jumping jacks and 1 minute of sitting in silence -- good enough! If getting up early sounds impossible, just try waking up 15 minutes earlier and going to bed 15 minutes earlier and build from there. The more you do it the easier it gets.

SET YOURSELF UP FOR SUCCESS- The night before you go to bed, put your sneakers at the door for your morning walk or roll out your yoga mat. Have your hot water in the pot and ready to push play. Blend your smoothie the night before. Trust that changing habits and establishing new routines takes time, but they took time to establish in the first

ENVISION HOW YOU WANT YOUR DAY TO UNFOLD BEFORE YOU GET OUT OF BED- Your habits determine the experiences of your life, pick them with caution.

PRESENCE SPIRIT AND KNOW WHO IT IS THAT YOU WANT TO SHOW UP FOR AND AS IN THE WORLD- It's too easy to hit the ground running and remain in "GO MODE" all day and then crash, burn, and do it all over again. We all want and need to get things done, but before doing so, use your morning routine as a place to step into your day feeling grounded, vibrant, rested, and able to present your best self to the world - for yourself and others.

EXPERIMENT, EXPERIMENT, EXPERIMENT- Try one or a few of these practices for one week - I CHALLENGE YOU!!! Then pay close attention to how you feel, what comes up for you, and what resonates as something that is GOOOOOOD for you.

TAKE BABY STEPS IN THE DIRECTION OF YOUR GOALS- Let them build and, over time, the new way will be the natural way, and the old way - the way that wasn't supporting your desired health, lifestyle and dreams - will seem outdated, no longer applicable and totally out of style.

