fuddhist

SACRED

My Morning Routine

SIMPLE

MY MORNING ROUTINE*

Gratefulness

8:01am

Before doing ANYTHING else, I simply LAY and think of THREE things I was grateful for the day before. Even if I had a terrible day, I always find something to be grateful for.

Stretch

8:08am

A flexible spine is paramount to good health. Start with one simple stretch every morning. I like to start with the standing forward bend aka Uttanasana. Rejuvenate, revitalize, and give your cells a boost of oxygen!

***I never sleep with my cellphone in my bedroom.**

Rise n Shine!

8am

What time you rise is totally up to you! I suggest you give yourself thirty five minutes to incorporate some early morning habits. This is what changed my life for the better!

Deep Breaths

8:05am

I take 5 full breaths before getting out of bed. This helps center me and calm my mind before starting my day. I inhale through my nose for four seconds, hold my breathe for 7 seconds and slowly exhale.

Lemon Water

8:10 am

Before reaching for your coffee or any food, do your body good by drinking an entire glass of lemon water.

Lemon water will boost your immune system, aid in digestion, balance your pH levels, clear your skin, boost energy, and aid in weight loss!

Pick up a Pen

8:15am

My favorite form of meditation! Your head is full of thoughts in the morning. Grab a journal and without thinking or judgement start to write nonstop for 10 minutes. Trap those negative thoughts on the page before starting your day.

Oil of the Day

8:32am

The secret to glowing skin starts in the gut. The only topical secret to lovely skin is the use of natural oils. Every day I switch between almond, avocado, coconut, and grape seed. Make sure they are of quality!

***LIFE does not happen to you. It happens FOR YOU.**

Top Two

8:11am

Instead of getting overwhelmed by my to-do list, I simply focus on my "top two" list. Commit to your two most important tasks and watch for a positive change in your productivity!

Shower Scrub

8:25am

There are two things that live in my shower, my Clarisonic face brush and a body brush. These are two ritual I won't start my day without doing. Make sure to do both after you've been steaming for a while, when your pores are soft.

1min Daydream

8:33am

Close your eyes. What do you want? Imagine it's already yours. **Feel** that feeling.
This has changed my life.