

Morning Routine

People who consciously create routines for their daily life live in a state of awareness, which is key when you're on the path to self-mastery. Although, you may not always keep to your routine due to any sort of circumstances that can occur at any given time, it's important to have them so that there are systems in place to pick you back up, remind you & encourage you to work towards your goals. Take a look at my morning routine and see how you feel about it, take from it all that you wish and apply it to your lifestyle too.

Rise

Mornings for me are about elevation. My environment should be one that elevates and heightens my thinking, my energy & my aura. If you're going to eat breakfast, keep it light & refreshing. I personally don't believe that breakfast is the most important meal of the day and that's because I do intermittent fasting, so I skip breakfast.

Set the tone

In the mornings especially, I like to keep the energy pretty mellow & calm. This means no news, no TV, no social media - just basking in the morning energy of rising and being in my own space. Not talking on the phone and if I'm having a conversation, I like to keep it light and bright. No heavy discussion topics in the AM!

Awaken the senses

I like to get my diffuser going with some lemongrass & orange oil to gently wake me up, alongside some of my favourite music in the background. Facing the garden or any nature around me, I like to ritualise the start to my day with a cup of herbal tea. Inviting all my senses to awaken.

Move the body

A 20s me would've opted for a 3 mile vigorous run, followed by a mad core workout. As I learn the hacks for each day, movement for me is more than a workout. I like to keep things natural like going on a morning walk, deep stretching, yoga, sun salutations; something that works my entire body with no stress or adrenaline.

Acknowledge & Imagine

Once you've been through the awakening process, it's nice to take a moment before you dive right into your day and set the tone and ambience for the day ahead. What kind of mood do you want to be in for most of the day? What's the vibe? You're the director of your day, so choose each prop, person & set accordingly.

Extras —

Coffee — I like drinking coffee for fun, not for energy & so I drink coffee from 11am onwards. Your body has its own 'wake up' system, so let it naturally do it's thing

Tea — A classic go-to AM tea for me is fresh lemon & ginger, 2 slices of lemon & some grated ginger, provides the perfect zing & liveliness to the morning!

