

My Morning Routine For *A Passion Fueled Day*



The alarm goes off.

I pop out of bed, 5-4-3-2-1.

I don't hit snooze.

Walk to my window, open the curtains, spread my arms with a big smile on my face I start to stretch.

With few Sun salutations to move my amazing body to get my blood flowing

I brush my teeth, grab a teaspoon of coconut oil and swish in my mouth for 10 minutes to whittling my teeth, prevent bacteria, moisture my lips and making me feel clean.

Then I get dressed..

I let my mind wonder accepting any arriving thoughts.

Turning my Spotify on with my favorite song “ Simple the best by Tina Turner “ !

I grab my journal from my nightstand, write five things that I'm thankful for it!

I get to my kitchen and make hot lemon water.

Walk into my meditation space; I take about five minutes meditating.

I grab my notebook, and I write any insights down

I haven't looked at my phone yet today.

I sit down at the table with my notebook, and write down my #1 priority for the day.

Then I write down when I will accomplish it.

I start working on it. I write down what the time I will stop working for the day.

I set the timer for 30 minutes to read something that I choose. I love to feed my mind with something positive, educational and powerful each morning.

Already feeling passionate about my new day I am now ready to start the rest of the day – in control of my priorities.