



MORNING ROUTINE

WIN THE MORNING AND YOU WIN THE DAY!

With your cortisol levels naturally elevated when you wake up it is the most important part of the day to be in control of.

Your morning routine can change your entire day and support your wellbeing.

This particular routine takes a total of just 21 minutes to complete. You can extend any of the sections, add more and of course swap them around.

Filling the first 20 minutes of your day in a way similar to this (rather than on an electronic device, watching TV or rushing about) will give you a stronger foundation to deal with any stressful events you face throughout the day and as a result give you greater internal balance.

<u>TASK</u>	MON	TUES	WED	THURS	FRI	SAT	SUN
Brush Teeth - 2 Mins							
Drink Water - 1 Min							
Exercise (Workout / Walk) - 8 Min							
Meditate, Journal, Colour, Read - 10 Mins							

Remember to visit the Movement section of your membership dashboard to find your 7 – 12 minute workouts, ideal for this morning routine.

A new workout is uploaded every Monday.

