

DESIGN

The lifestyle

YOU DESIRE

*Morning
Ritual*



The first hour after you wake up are the most influential time, so it's important to have a mindful routine and ritual to make sure your mind, body and spirit are happy from the start.

SIMPLE STEPS TO CREATE AN AMAZING MORNING RITUAL:

Set your alarm right - Don't hit the snooze!

Get stretching!

Have a glass of water [do give my 'Morning Elixir' a try]

Begin with Mindfulness, do some meditation

Do some exercise: HIIT, Yoga, Running, go for a Walk - Whatever works for you

Have a refreshing shower

Dress to impress - even if you're working from home

Have a nourishing breakfast

Watch or listen to something inspirational

Do some journaling - empty your mind

Plan your day ahead

