

LifeUP's Can't Miss Morning Routine



Gratitude!



- The best time to influence a positive mindset for the day is just after bouts of sleep; choose your mindset before influences of the day try to do it for you!

16oz H2O



Make sure water is:

- Filtered.
- Mineral-rich or add lemon and pinch of quality salt.
- Can add sugar-free greens powder.

Movement



- Rebounding.
- Stretching.
- Light bodyweight exercises.
- Bonus - perform outside in sun, shoes off in earth

12 - 14 Hour Intermittent Fast



- Stop eating 2-3 hours before bed.
- Break-fast 2-3 hours post-waking.

Lymph Massage



- Boost your immunity and gently wake up your body with this quick three minute routine.
- Splash cold water on face



Breath Work/Meditation



- Box Breathing.
- Alternate nasal breathing.
- Two-in One-out breathing.
- Calm or Headspace App.
- Set a 2-20 minute timer.
- Bonus - perform in direct sunshine, if time aligns.

Game Plan:



- Ask:
- What's on my mind or distracting me?
 - Who do I need to speak with to move my games forward?
 - What are my intended outcomes for the day and the 'by-when's?' to achieve them?

Let's Do This!

- Choose to make today amazing and make it happen with your structures in place!

