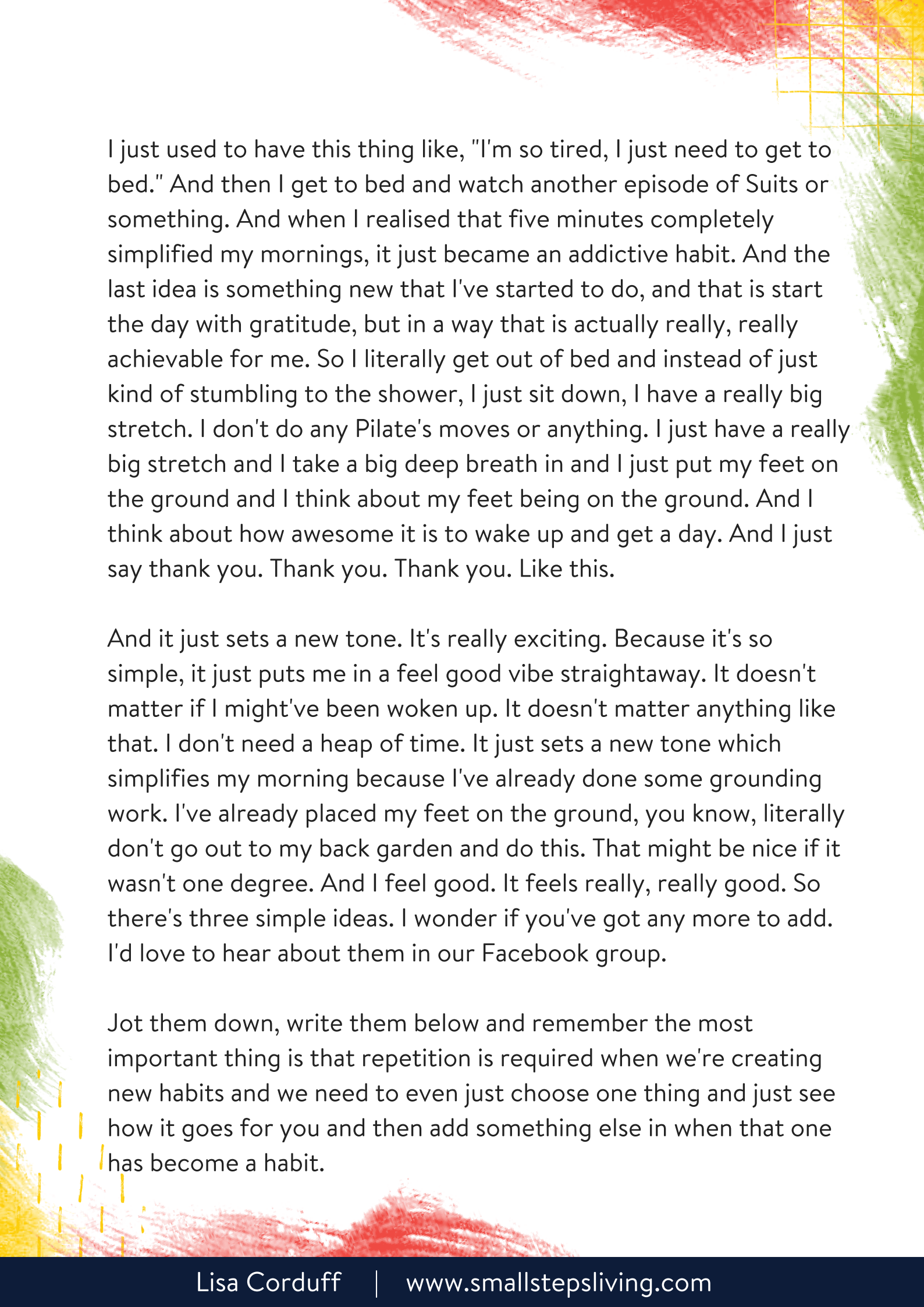


SIMPLIFY YOUR MORNINGS

Hello. It is a new month in the membership and I am so excited to be placing a bit of gentle loving attention on mornings. Yes, you heard right? No, I'm not going to get you to wake up at 4:00 AM and do some crazy yoga moves in your bathroom. It's not about that. This week is obviously a simplify week and there's so much benefit in simplifying our mornings. I've given you three ideas, but I'd really like you to think about what would make your morning simpler. So one of the first things that I suggest is something that has completely changed my life. I cannot even tell you how different my mornings feel since the last few weeks. I haven't been turning my phone off aeroplane mode until all the morning things are done. So I don't get caught in my bed scrolling and then the, "Damn. Now go jump in the shower."

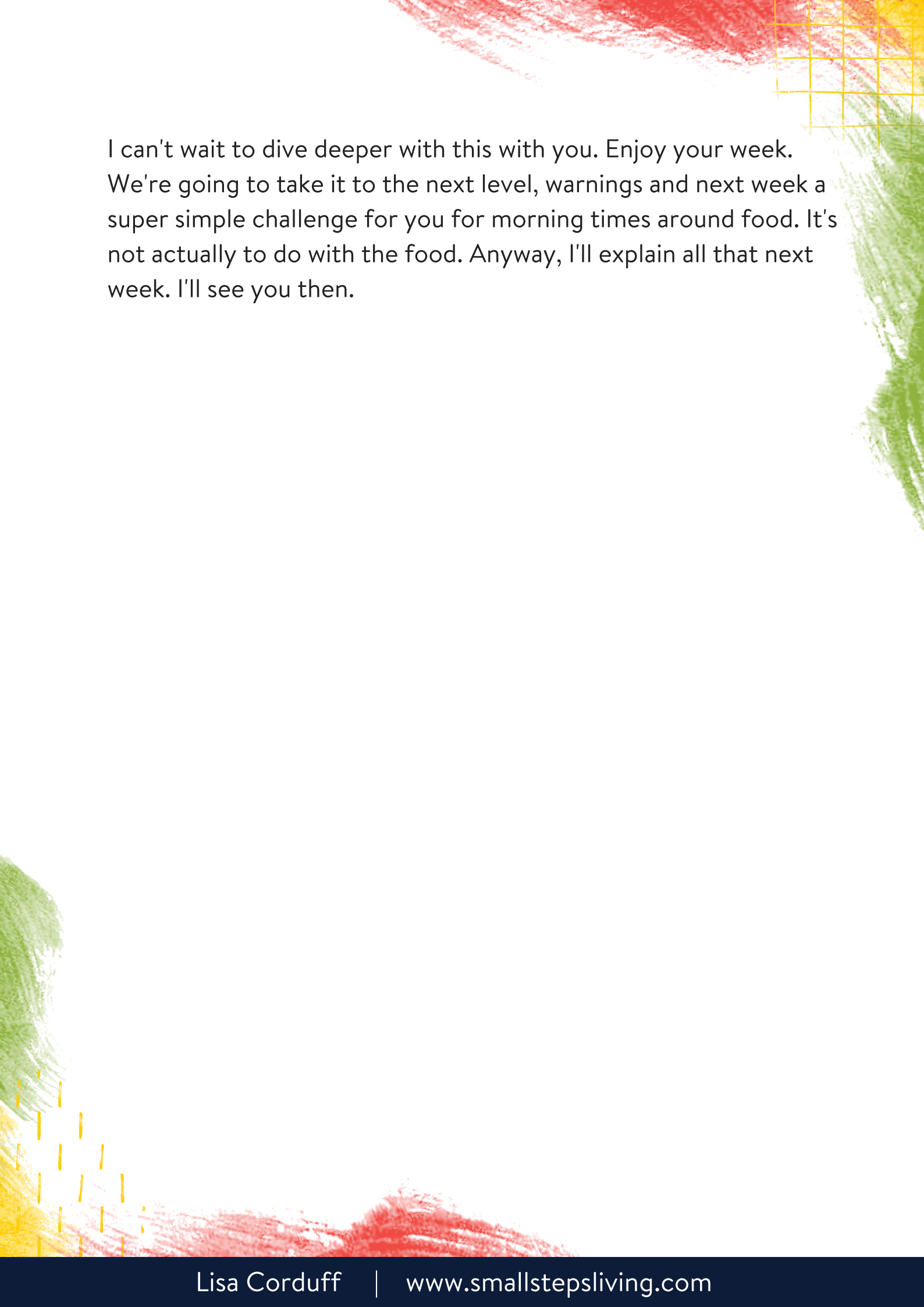
I don't sit there making the kids breakfast while checking my phone. My mind doesn't start racing about all the things that are waiting for me to do as soon as I get some time to work. My mind stays present on the morning and it has changed everything for me because you know that as soon as we plug in to the world out there, then we're not here and here's where I want to be. Everything feels different when that is the case and my attention is not diverted. I really encourage you to give this a try. The second thing that I do, and I got in the habit of a while ago, and we've talked about this before in the membership, is putting clothes out the night before. This might also include if there's laundry the next day if you have to bring something special for a work lunch, whatever it is, get it organised the night before.



I just used to have this thing like, "I'm so tired, I just need to get to bed." And then I get to bed and watch another episode of Suits or something. And when I realised that five minutes completely simplified my mornings, it just became an addictive habit. And the last idea is something new that I've started to do, and that is start the day with gratitude, but in a way that is actually really, really achievable for me. So I literally get out of bed and instead of just kind of stumbling to the shower, I just sit down, I have a really big stretch. I don't do any Pilate's moves or anything. I just have a really big stretch and I take a big deep breath in and I just put my feet on the ground and I think about my feet being on the ground. And I think about how awesome it is to wake up and get a day. And I just say thank you. Thank you. Thank you. Like this.

And it just sets a new tone. It's really exciting. Because it's so simple, it just puts me in a feel good vibe straightaway. It doesn't matter if I might've been woken up. It doesn't matter anything like that. I don't need a heap of time. It just sets a new tone which simplifies my morning because I've already done some grounding work. I've already placed my feet on the ground, you know, literally don't go out to my back garden and do this. That might be nice if it wasn't one degree. And I feel good. It feels really, really good. So there's three simple ideas. I wonder if you've got any more to add. I'd love to hear about them in our Facebook group.

Jot them down, write them below and remember the most important thing is that repetition is required when we're creating new habits and we need to even just choose one thing and just see how it goes for you and then add something else in when that one has become a habit.



I can't wait to dive deeper with this with you. Enjoy your week. We're going to take it to the next level, warnings and next week a super simple challenge for you for morning times around food. It's not actually to do with the food. Anyway, I'll explain all that next week. I'll see you then.