

CREATE YOUR MORNING

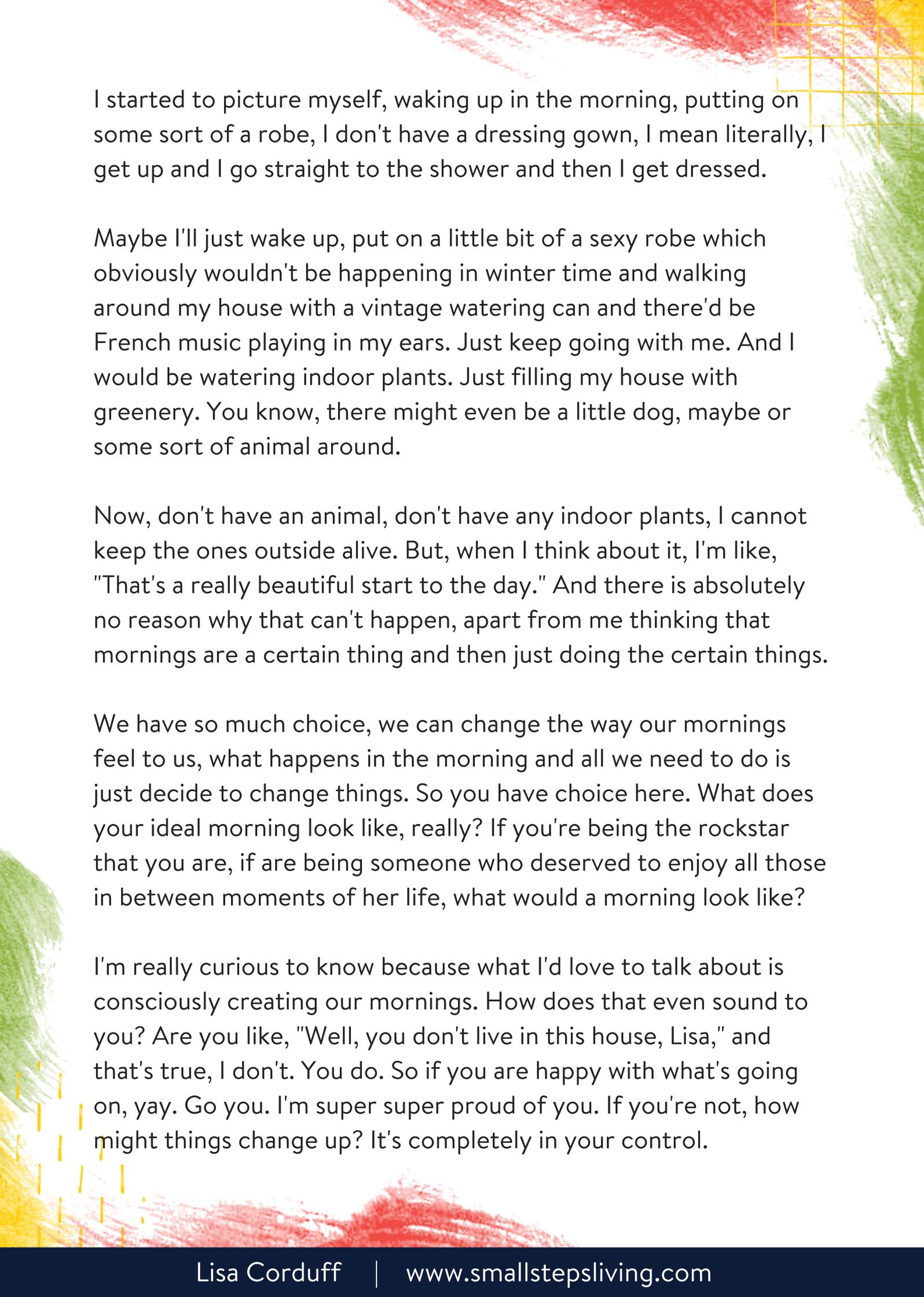
Okay. I love all the topics I choose for the membership because I choose them but today, this one's really close to my heart and I'm really, really thrilled to be talking to you about this.

You know, we're talking about mornings and I know so many of us especially those of us with young kids or old kids, you drag their feet, I can't find the library books, whatever it is. We can feel like our mornings are derailed for us, our day's ruined before it's even started because of other people.

And what this topic today is all about, because it's our mindset week which is all about enjoying life more, actually enjoying the life that we're living, I wanna remind you the amount of choice that you have about your morning routine. That we just keep doing the same stuff without sometimes stopping to consider whether it's really what makes us feel good.

So I want your mind to wander today. Just like I did when I thought, "Oh man, mornings kind of stuck around here." What fun is there in the morning? And so I started to make the school lunches with a little bit of Michael Jackson on in the background. Or I think to myself the night before, what's something delicious I could have for breakfast? Not about what everyone else but what do I want for breakfast?

And then when I really started to let my mind wander, bear with me.



I started to picture myself, waking up in the morning, putting on some sort of a robe, I don't have a dressing gown, I mean literally, I get up and I go straight to the shower and then I get dressed.

Maybe I'll just wake up, put on a little bit of a sexy robe which obviously wouldn't be happening in winter time and walking around my house with a vintage watering can and there'd be French music playing in my ears. Just keep going with me. And I would be watering indoor plants. Just filling my house with greenery. You know, there might even be a little dog, maybe or some sort of animal around.

Now, don't have an animal, don't have any indoor plants, I cannot keep the ones outside alive. But, when I think about it, I'm like, "That's a really beautiful start to the day." And there is absolutely no reason why that can't happen, apart from me thinking that mornings are a certain thing and then just doing the certain things.

We have so much choice, we can change the way our mornings feel to us, what happens in the morning and all we need to do is just decide to change things. So you have choice here. What does your ideal morning look like, really? If you're being the rockstar that you are, if are being someone who deserved to enjoy all those in between moments of her life, what would a morning look like?

I'm really curious to know because what I'd love to talk about is consciously creating our mornings. How does that even sound to you? Are you like, "Well, you don't live in this house, Lisa," and that's true, I don't. You do. So if you are happy with what's going on, yay. Go you. I'm super super proud of you. If you're not, how might things change up? It's completely in your control.



You've got this. Mornings could feel different, right? Everything could feel different. I'd love to know what this makes you feel and anything different that you might do as a result. See you soon.