



CREATING A MORNING SUCCESS ROUTINE

BY LINDA MITCHELL, CPC

WHAT DOES YOUR typical morning look like? Is it a combination of chaos, playing beat the clock and hoping you don't forget anything important? Do you arrive at your destination nearly out of breath, frustrated that the driver in front of you was only going the speed limit thereby causing you to be late? I've been there! If this is your regular routine I invite you to trade in the morning madness for a calm, peaceful beginning instead. A morning success routine is a game changer.

Surely you've noticed when the day starts off rough, the rest of the day follows suit. End this cycle now. A morning success routine will set a positive tone to start so you can embody this energy throughout the day. It

nurtures, lifts and calms your spirit. Here's the biggest benefit - a morning success routine helps you start each day focused on your bigger vision, creates clarity on your path, and helps bring your desired goals into reality with more ease and less struggle.

How so? The best morning success routines always include ways to help you manifest the things most important to you. What we think about comes about, what we believe to be real and true in our subconscious brain finds a much quicker path to reality. It's a proven fact. What we focus on expands. Do you want more joy, peace, creativity, prosperity, success, freedom, or love in your life? Spend 10 minutes focusing on feeling like you've already achieved it. A morning success routine combines science

and spirituality to create success, ease and joy.

While your routine will be personalized for your particular goals and intentions, here are a few suggestions that I've found work for most people: guided visualization, meditation, journaling, energy or mantra work, affirmations, reading something spiritual or otherwise uplifting, stretching, exercise or some form of movement.

I invite you to experiment with several and add your own. Find the right combination to uplift, nourish and encourage you. Be flexible, knowing that your routine will change as you go. Despite never being a morning person before, mine has morphed into something delicious over the years of practice.

Set aside time for yourself even if you have to get up before everyone else. At first it might feel like a chore but after a few days you'll discover the value. It changes from a chore to a choice and becomes your wings to a way out of unproductive, stressful and chaotic old routines.

In the beginning you may want to remind yourself of why it's important and what you hope to achieve so you don't veer off course or go back to old habits. Perhaps find a beautiful journal and place it in a quiet, inviting space. Write down your important intentions and read them aloud daily. Create empowering new decisions that keep you focused, encouraged, inspired, peaceful and calm. Begin to create and implement your morning success routine immediately. The payoff is fabulous!

ABOUT THE AUTHOR

Linda Mitchell, a board certified coach, reinvention expert, and speaker, empowers people who are stuck, overwhelmed, or ready for change, to confidently transition into their next meaningful role with clarity, purpose, ease and grace.

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