

The Psychotherapeutic Coach

Your Morning Routine



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Welcome

I'm so excited for you and I'm delighted that you're taking time for yourself to explore your morning routine and how it can better your day.

Elaine



How you start your day matters

When you wake up, your brain needs space and what you consume will impact your day.

If you immediately start doom scrolling, seeking validation through likes and comments, taking in bad news or watching content that makes you feel bad about yourself, you're not going to feel at peace.

How you start your day matters

I used to start my morning by checking my phone as soon as I woke up and it always made me feel worse.

It was a really bad start to my day and since stopping, I feel so much better.

I woke up feeling bad and then fed that feeling by going on my phone.

Does this sound familiar to you?

How you start your day matters

Checking your work emails as soon as you wake up brings your workplace to you bedroom and immediately takes over your thoughts.

And let's be honest, you're not getting paid enough to be working as soon as you wake up.

Routines

These next sections can be used with a journal or you can simply list these topics in your mind.



When I wake up

What's the first thing I do?

Do you reach for your phone?
Do you feel excited or a sense of dread?
Do you get up straightaway or hit the snooze button?

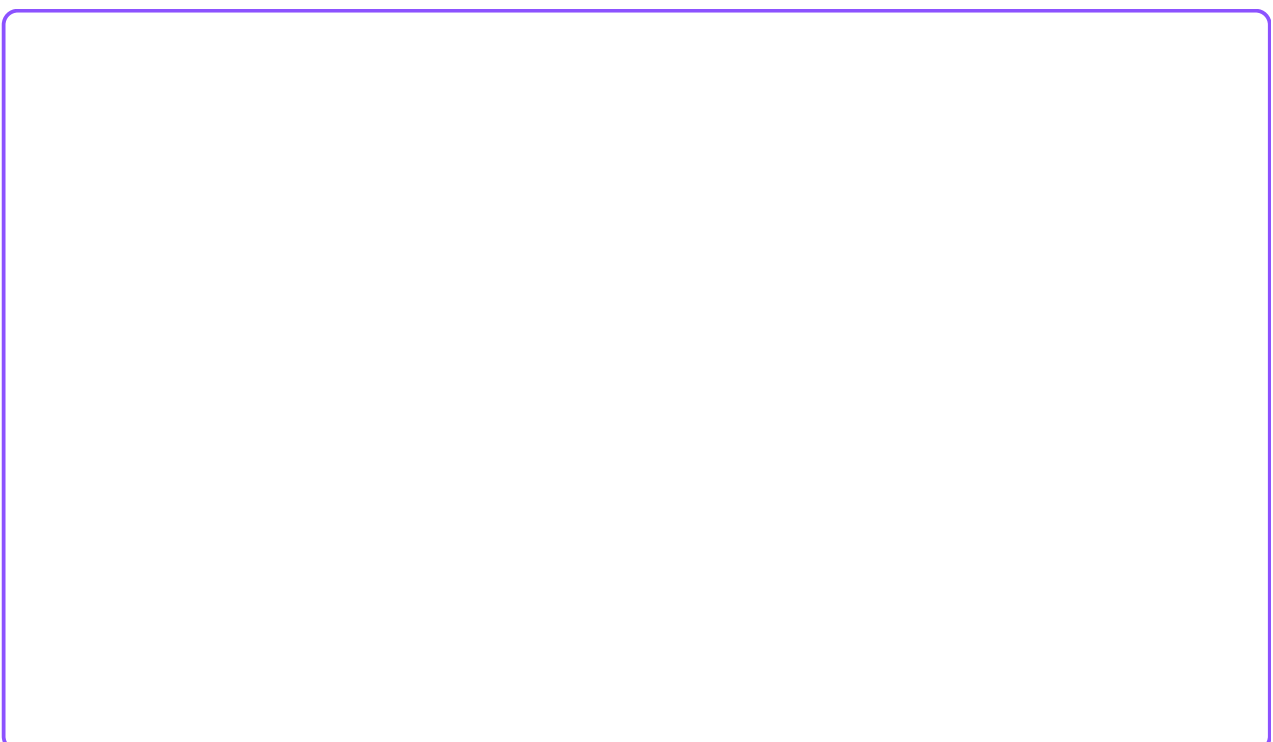
How do I feel?

When I get out of bed

What's the first thing I do?



Does it set me up for a good day?



Changes to your morning

Evidence based studies show us that there are certain morning things that can enhance our mood and day.

Here are a few of them. What will you choose to include in your new morning routine?



Changes to your morning

- Meditate
- Practise gratitude
- Make your bed
- Get outside for a few minutes
- Watch the birds with a nice cup of tea
- Put off checking your phone for as long as possible
- Drink water
- Move your body

New Routines

I like to start the morning questions before I get out of bed or you can ask them when brushing your teeth pairing them with a habit you already have.

The next section may seem very simplistic but I promise you, it works.

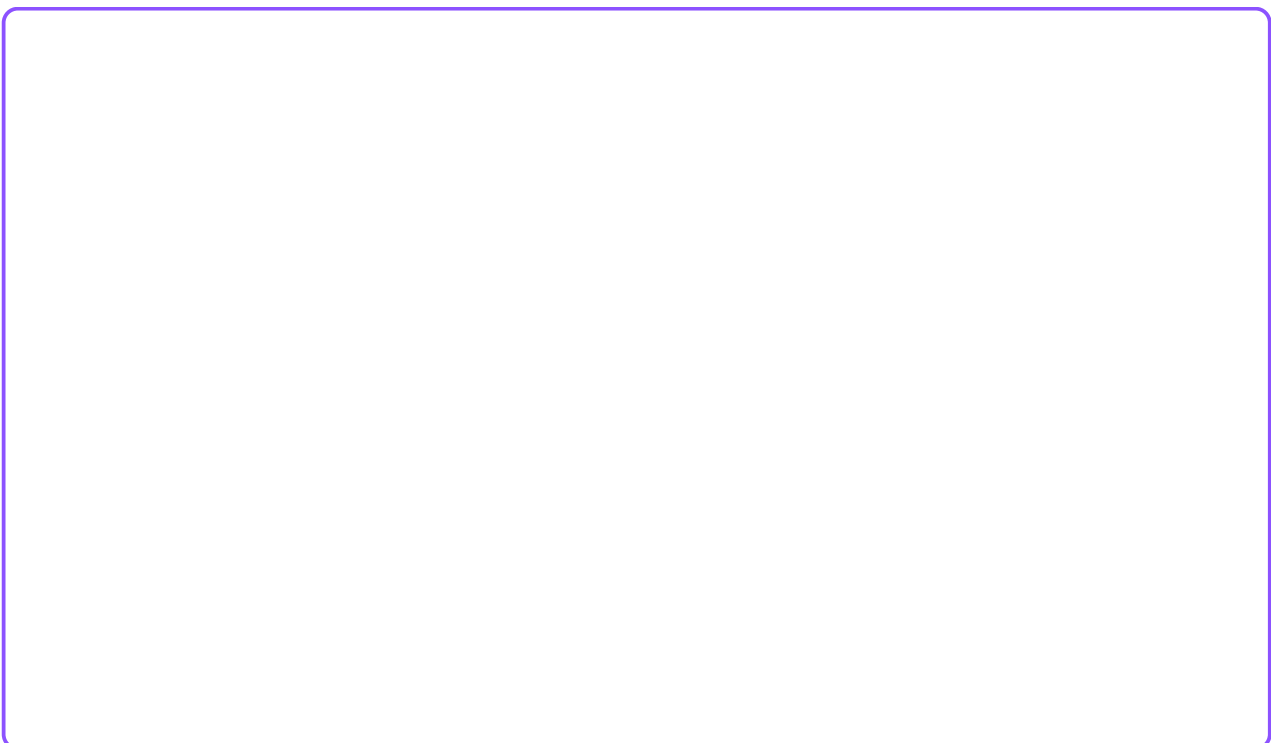


When I wake up

What 3 things am I grateful for?



What's my intention for the day?

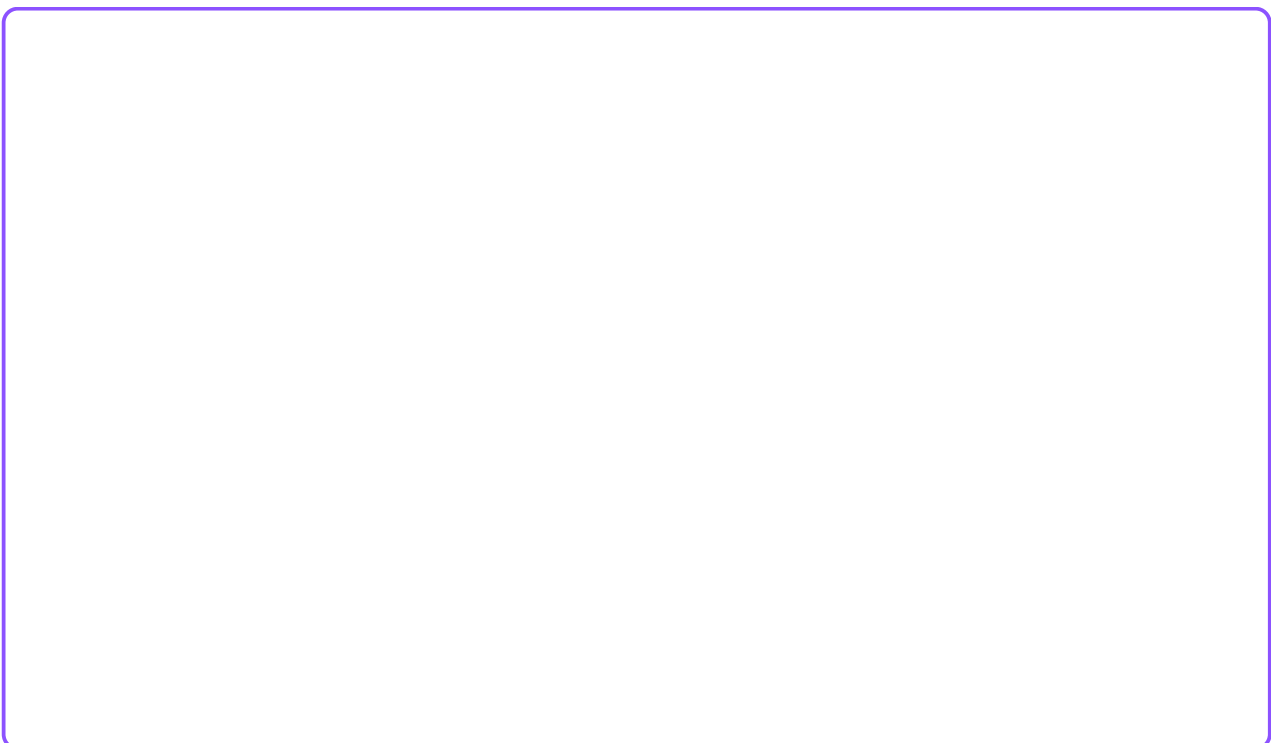


Now when I get out of bed

What's the first thing I do?



How do I feel?

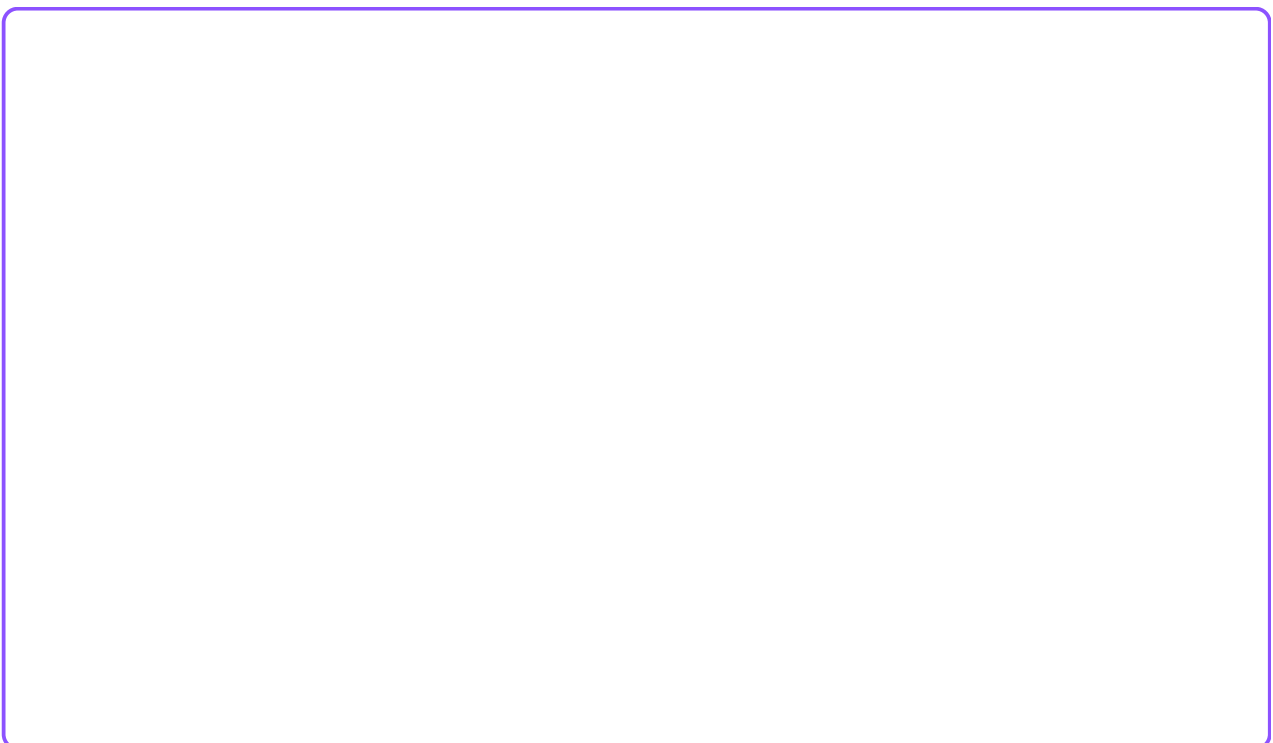


New Morning

What do I enjoy about my mornings now?



How do I feel?



Contact Me

I'm here to help so if you are interested in my services of **Psychotherapeutic Coaching, Reiki or Chakra Balancing**, please get in contact.

You can book a **FREE** consultation via my website.



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[@the_psych_coach](https://www.instagram.com/the_psych_coach)



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