Creating a more positive and productive day

Morning Ritual

'Give every day the chance to become the most beautiful of your life' -Mark Twain



Wake up:

Time:_____

After enjoying a restful sleep it is time to wake up and cultivate an amazing day! Set your alarm so you have to get out of bed to turn it off, then head straight to fill up your water bottle or turn on the kettle for herbal tea.

Meditation:

Time:_____

'The quieter you become, the more you can hear'. Before jumping into your busy day, take a moment to clear your mind, become more aware and more connected to yourself. You may like to spend time simply sitting in silence, or you may prefer to follow a guided meditation.





Gratitude:

Time:_____

Practicing gratitude is a key practice for improving joy and happiness in every aspect of life. You may like to take a moment to explore what you are thankful for during a meditation, or write down 3 things per day.

Movement:

Time:_____

An essential element for each day to awaken the body and mind ! This may be a more grounding practice (for example yoga, stretching, Thai Chi) or a more blood pumping practice like walking, running, gym or an at home body weight circuit.





Prepare:

Time: _____

As simple as it sounds, making the bed and tidying our space also helps to tidy and de-clutter our minds! It also ensures that no matter what the day ahead throws at us, we have already achieved at least 1 thing.

Now you are ready to make the absolute most of the day!

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WELLNESS RESORT