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Morning Rituals.

- 1 Breathe & smile.
- 2 grateful project.
- 3 10 mins of yoga & movement.
- 4 Set 3 goals & intentions.
- 5 declutter & tidy. Make creative spaces.
- 6 Tell yourself 3 affirmations.
- 7 Eat fresh, whole foods to help you feel energised.
- 8 Treat your body like it's your temple look after it!
- 9 Be mindful of your responsibilities.
- 10 use positive, joyful words.

Love

