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# Morning Rituals

① Breathe & Smile.

② Grateful project.

③ Set 3 goals & intentions.

④ 10 mins of yoga or movement.

⑤ declutter & tidy. Make creative spaces.

⑥ Tell yourself 3 affirmations.

⑦ eat, fresh, wholefoods to help you feel energised.

⑧ Treat your body like its your temple. Look after it!

⑨ Be mindful of your responsibilities.

⑩ use positive, joyful words

Love