

# *Your BOSS Morning* *routine*

*~Start your day the right way~*



### **What's included:**

- ❖ Getting organised the night before
  - ❖ The benefits of getting up earlier
  - ❖ Morning Meditation
- ❖ Morning Affirmations for the day
  - ❖ Your Easy everyday workout
  - ❖ Digital Detox
- ❖ During the day mindfulness exercise

### **Getting organised the night before**

Getting organised the night before helps to relieve some of that morning pressure. Decide what you are going to wear and what you are going to have for breakfast. Prepare your lunch if you are heading out to work. These are simple things but they are also things that can make us late and cause anxiety and stress in the morning. The idea is to provide yourself with an easy morning so that you have a calm and relaxed start to the day.

Another great thing to do before bed and that can actually be done on your bed if you wish is some simple and relaxing Yoga poses. They will help calm the body and prepare it for sleep. I've listed a few below for you to try.

#### **Before bed Yoga poses**

Yoga poses that you can use to aid relaxation. So, take your time and enjoy these wonderful poses to calm before bed and get a good night's sleep.

#### **Wide-knee Child's Pose**

This is a wonderful relaxing and restorative pose.



### **Staff Pose – legs up**

A great all-round wellbeing pose, relieving the whole body. Use a wall for support to if needed. This pose takes some pressure off of the heart.



### **Ankle to knee pose**

A great hip opener which also opens up your back and also helps to relieve tension in the muscles of your upper legs.



## ***The benefits of getting up earlier***

Believe it or not getting up thirty minutes or an hour earlier can actually improve your day. A lot of entrepreneurs and successful people have a

good morning routine that they stick to. It helps prepare them for the day ahead and helps them start the right way. Here's a few reasons why it can be beneficial.

- ❖ More time in the morning to prepare for the day.
- ❖ Time to just relax before a hectic day at work or at home.
- ❖ Less distractions if you are up before the rest of the house.
- ❖ Getting up and being more proactive makes you more productive
- ❖ There is actually time to sit and eat breakfast
- ❖ Time to get in a HITT session even if it's just 10 minutes
- ❖ Self care time
- ❖ Time to Meditate

## **Morning Meditation**

Meditation in the morning is a great way to start your day. It's like a brain workout and can help keep you calm and less stressed. Scientists are even backing it now for its wonderful health benefits.

Yes it takes practice but 10 minutes a day can work wonders. Here's a quick how to:

- 1: Set a timer for 10 minutes
- 2: Sit up straight in a comfy position
- 3: Take a deep breath in and out
- 4: Hit the countdown timer
- 5: Just relax, quietening the mind is nearly impossible especially if you are new to meditation. However don't be discouraged. Just let the thoughts flow and as you notice them bring your attention back to your breath. Keep doing this and after some practice you will find that it becomes easier each time.

## **Morning Affirmations for the day**

Positive affirmations are used by many successful people to keep their mind, body and soul positive throughout the day. When we are positive we are more confident and when we are confident we have the capabilities of achieving anything. Try some of these:

- ❖ I am great at what I do
- ❖ I can achieve what I set my mind to
- ❖ I am confident and successful
- ❖ I can do anything
- ❖ I am worthy of my successes

If you prefer create your own. Make sure they are positive and repeat them in the morning to yourself in the mirror. Repeat it throughout the day to yourself and again repeat it before you go to get at night. Live and breathe your affirmation.

## **Your easy everyday workout**

Use this workout in the morning. A workout boosts good endorphins and with this and meditation will set you up for a great day.

### **~Easy Workout Routine~**

Staying in shape is important for any body type or shape. Here is an easy workout which is great to do daily and for when you have limited time.

**25 x Jumping Jacks** (Ensure big movements with arms going all the way to top of head and back down)

**15 x Squats** (Go as far down as is comfortable and increases as you get used to them)

**25 x Crunches** (Lay flat on back, knees slightly bent. Lift upper body slightly off floor using stomach muscles)

**10 x Calf Raises** (Stand straight and lift yourself to tip toe position then back down. Repeat 10 times)

**20 x Side Reaches** (Stand straight feet shoulder width apart. Arms straight by sides bend torso over sideways and back to straight. Repeat one side then the other)

**10 x Lunges** (Go as far as is comfortable aiming to get knee to 90 degree angle)

**25 x Crunches** (As above)

**15 x Squats** (As above)

**25 x Jumping Jacks** (As above)

## **Digital Detox**

It is so easy to get caught up in the constant whirlwind of social media. However you got up earlier to take time for yourself. So Meditate, work out, have breakfast and sit with a nice cup of tea or coffee and just relax for 10 minutes without your phone, laptop or tablet. Social media will survive without you for ten minutes each morning.

## **During the day Mindfulness exercise**

Having a great morning workout goes along way to having a good day. But, sometimes things going wrong are inevitable. So always have a little back up to help you get through the day. The beauty of this exercise is that you can pretty much do it anywhere apart from when you are driving or operating heavy machinery. Enjoy!

### **Easy Mindful Tea exercise**

So, it has been a busy day/morning/ afternoon. What you really need is a cup of (decaf) tea, coffee or hot chocolate and a well deserved break. You head to the kitchen and grab yourself a drink. Then you take a deep breath and follow the exercise below.

1. Find a comfortable place to sit with as little distraction as possible.
2. Physically relax your body, paying special attention to the neck and shoulders as these tend to not be as relaxed as they can be.
3. You can either choose to have your eyes open or closed at this point. (If closed then I would suggest opening them when you drink your tea so as to avoid spillages etc). But if open then don't focus on anything in particular just let the eyes rest and haze slightly.

4. When you are ready start to notice your breath. Listen and feel it as you inhale and exhale. Feel your body move with your breath and just concentrate on this for a several breaths.
5. By this time, you should be starting to feel much more calm and relaxed. If thoughts pop into your head don't worry as this happens. When you realise your mind has wandered just bring yourself back to concentrating on your breath.
6. Now drink your tea as you normally would, except this time pay attention to the tea. For example: How does it feel? What does it taste like? Is it warming you through? Is it too hot?
7. Continue to do this until you finish your tea. If your mind wanders as before just bring your mind back to your tea and the sensations it is causing you to feel. Focus on the tea and try to avoid thinking about other things.
8. Once finished take your mind back to concentrating on your breath for a few moments before you bring your attentions back to your surroundings.

***I really hope my Boss morning gives you some great ideas  
and helps you have a better morning everyday.***

***Keep in touch***

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***Have a great day!***