



Slay Your Day This Way

Morning Routine Basics

You don't have to be great to start,
but you do have to
start to be great!

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Importance of having a morning routine.

The **morning** is when we set the tone for the rest of our day. It is **important** to work to develop a really **strong morning** routine that sets you on the right path. You'll be more likely to make healthy choices throughout the day if you start the day with a workout, meditation, or self-care other positive behavior.

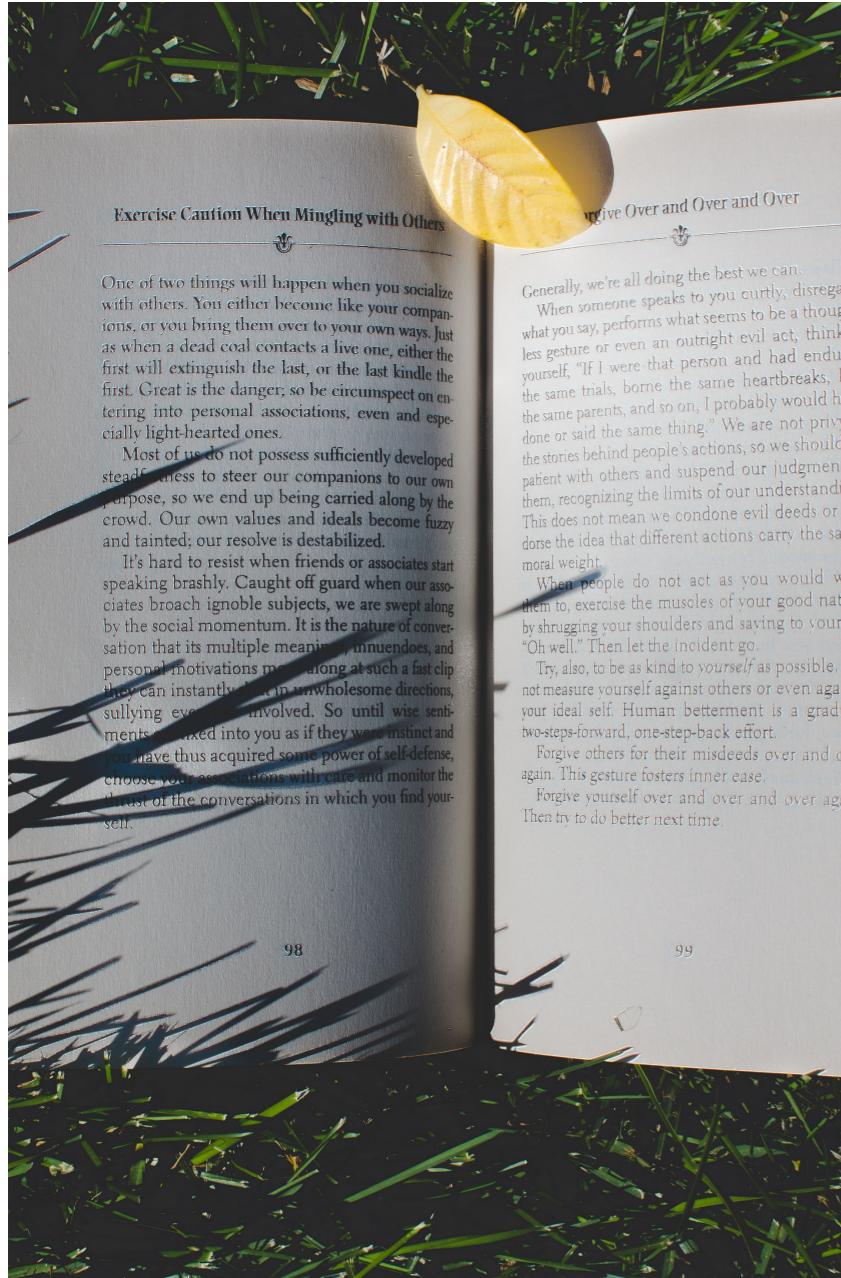
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Physical Activity

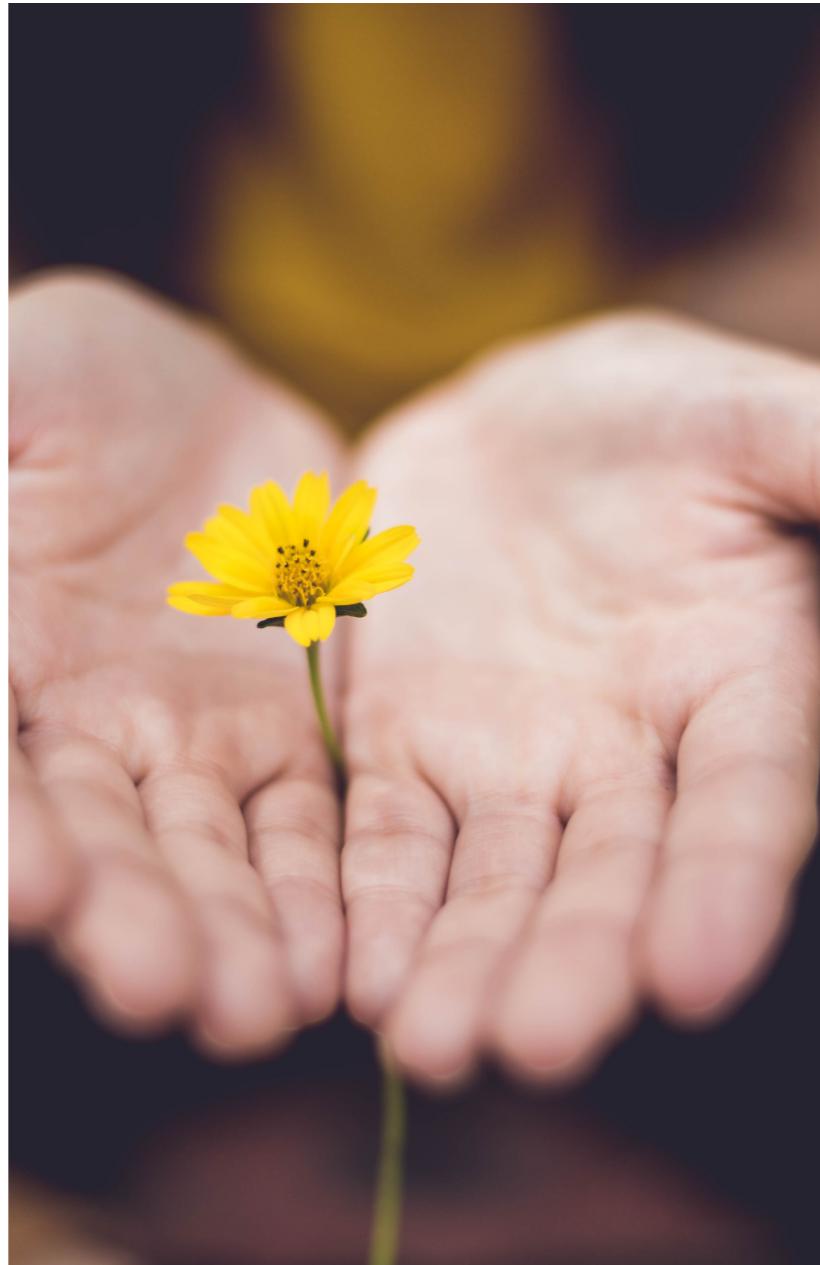
Moving your body for at least 30 minutes a day is a great way to relieve stress, anxiety, and depression, which affect so many of us on a regular basis. Exercise also lowers our risks for diseases, making our body move boosts our energy and improves our overall fitness. Plus, more energy and a leaner, healthier body can boost our self-confidence.



Read. Mediate. Journal. Repeat Affirmations.



Read 10 pages of personal development



Meditate - sit in silence for 10 minutes a day



Repeat positive affirmations
Journal what you are grateful for