

10 Things You Can Do Every Morning To Boost Your Energy and Keep Your Anxiety Low



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WELCOME



***If you are irritated by every rub, how will your mirror be polished
~Rumi***

How often do you wake up stressed? Does your morning routine emulate something like this....the kids need to get up, get dressed, breakfast needs to be prepared, lunches made, dry cleaning dropped off, get ready for work, mail the bills and do a load of laundry. These are just a few tasks you have floating around your head even before you place two feet on the ground. Does this sound oh too familiar??

Most of us carry around a tremendous amount of stress and anxiety on a daily basis. There are lots of articles from famous entrepreneurs encouraging us to get up a 4 am and begin our day. The thought of getting up that early is the furthest thing from my mind.

However, I will admit there were many times I tried to get up at 5:30 am and start exercising—which was by far the most difficult thing I have ever done. After committing for a period of time, I realized this was not the type of routine I wanted to maintain on a daily basis. My goal was to find an alternative way to get my morning started staying positive, focused but also decrease the stress and anxiety in my life.

My normal morning routine consisted of shaking off the alarm, sleep walking to the coffee machine and brewing my first cup of java. After taking a few large gulps and getting my eyes to open to half mass, I would begin browsing all my social media sites to determine how many new followers I had, checking the weather, the latest news and browsing my emails.

Next I would take my shower, get ready for work and run out the door for work. Same repetitive pattern day after day. Where was my life going? Why am I so stressed every day? Is there something more I need to do or accomplish?

When you feel like you have no direction and no peace—your anxiety level increases and you start your day **Reacting** instead of **Acting**.

Did you know your morning routine can dictate your mood, anxiety and energy level? It's the foundation on which your day is built. You have a choice how you spend each morning and the choices you select predict the type of day you are going to have.

Based upon my research and this premise, I decided it was time to change how I approached my **Morning Routine**.

Over the years, I have perfected a routine that has allowed me to increase my productivity, energy level, reduce my stress and enhance my relationships personally and professionally. This routine has been instrumental in keeping me grounded and allowed me to achieve my desired results.

My morning ritual is not difficult to emulate, however, if it is practiced consistently it can improve your health, enhance the quality of your life and bring you happiness, vitality and peace.

Let's Begin...

10 Things You Can Do Every Morning to Boost Your Energy and Keep Your Anxiety Low

1. Read a Positive Affirmation

Reading a Positive Affirmation every morning has the power to silence your negative thoughts. Daily affirmations allow us to become aware of our daily thoughts and enhance the way we think about ourselves.

When you recite an affirmation you are telling your subconscious mind... You are taking responsibility of your thoughts and actions and there is something in my life that needs change. However, saying an affirmation is only part of the process. How you think and what you say throughout the day has to be in align with your affirmation. You have to be in a state where the affirmation can grow. They are seeds... which need to be nurtured and watered. The more you choose to think positively the quicker the affirmation can grow.

Simply put, think happy thoughts! It is achievable... right now... choose today. When you're consistent with any practice and make a choice to change, you will certainly see positive changes occur. Here are a few examples:

- My day is going to work out for my highest good.
- I am a powerful creator. I create the life I want.
- Today I accept all new possibilities. I am fearless and I turn away from all negativity.



2. Have an Attitude of Gratitude

Can you just image if everyone started their day being grateful for what they had instead of being discouraged by what they don't have? Being grateful is a choice. It's very easy to be joyful when everything is going our way but when were faced with adversity do we remain strong and resilient?

Having an attitude of gratitude can make a real difference in your ability to feel positive, both emotionally and physically and is something we all should practice on a daily basis.

Having the right perspective about our blessings will enrich our lives, help alleviate the fear and shift our emotions. Your success and happiness is not based on the items you own or on other people's opinions and expectations.

Having an attitude of gratitude means you look beyond the imperfections in your life, stay present and reflect on the beauty and love that surrounds you every day.



3. Forgive and Forget

Forgiveness is not always easy. At times, it feels more painful than the wound we suffered, to forgive the one that inflicted it. And yet, there is no peace without forgiveness."

~ Marianne Williamson.

Forgiveness is one of the most positive, powerful things that you can do for you and for others. Forgiveness marks the beginning of a new chapter you can celebrate.

Forgiveness does not mean you can change the past, but it definitely can have an effect on your future. We've all heard it a thousand times "Forgive and Forget" and for most of us, we find forgetting nearly impossible. Forgiveness does not mean you have to forget, it involves remembering it graciously. The forgiver remembers the painful parts, but without the judgment or adjectives that can stir up angry emotions.

If you harbor this inner conflict about forgiving yourself for a past mistake or perhaps someone else, your desire to achieve your best will be weakened. This resentment will never have a positive outcome... but by allowing yourself to forgive, you give yourself permission to heal, forget and move forward.

Keep your eyes focused on your dreams, goals and desires. The decision and choices you made in the past are just that "In the Past". Honor your emotions.



4. Be Present and Breathe

When you are feeling anxious or fearful your breath becomes short and shallow. Long inhalations and exhalations signals to the body to relax and stay calm.

Try this simple technique each morning to stay present:

Begin focusing on the breath... feel the cool air as you inhale and the warm air as you exhale. Continue to breathe slowly and completely. Be present at this moment. Release any fears, anger or anxiety.

When you are mindful (staying in the present) you begin to transform your emotions and thoughts. Learning how to be present takes time and practice, however, through repetition you will learn to live with more appreciation of the present moment and you will see your anxiety and stress diminish.

THINGS TO DO TODAY

Date _____ **COMPLETED**

- 1) _____ ☐
- 2) _____ ☐
- 3) _____ ☐
- 4) _____ ☐
- 5) _____ ☐

5. Create a To Do List – Prep For Tomorrow

Making lists in order to relieve some of your stress might seem so obvious, yet lists can be one of your better time-management tools.

Nothing is more stressful than being unprepared. It's time to get organized so you are ready to slay those dragons. Taking a few minutes to make a To-Do list it will keep you organized, feel empowering and create a sense of being in control. This list can set the tone for the day which can help you get more accomplished.

By keeping this list, it allows you to place your tasks in one place where you can prioritize each item. By a simple glance you can tell what needs your immediate attention and what you can leave until later.



6. Drink a Glass of Water With Lemon

Even if you are not a big water drinker, you just might consider reaching for a glass of lemon water in the morning when you see how beneficial it can be for your mind and body.

Lemon Water:

- ***Aids in digestion and detoxification***—Drinking any water, especially lemon water, first thing in the morning can help flush the digestive system and re-hydrate the body.
- ***Healthy Weight***—There is evidence drinking lemon water, first thing in the morning can help maintain a healthy weight. Researchers in Germany found that drinking enough water can increase your metabolism. Of course, drinking lemon water by itself isn't going to be a miracle weight loss solution, but with other healthy habits, it can help maintain a healthy weight.
- ***Boosts your energy and mood***—Starting your morning with lemon water can certainly enhance your mood. This quality can be attributed to its rejuvenating, mood enhancing smell. The Vitamin C contained in lemons is also a natural stress reducer and helps to minimize anxiety and depression.



7. Eat a Healthy Breakfast

Roll your eyes if you like, but the cliché about breakfast being the most important meal of the day is true. Breakfast provides the body and brain with fuel after an overnight fast—that's where it gets its name... breaking the fast! Without breakfast you are effectively running on empty, like trying to start the car with no fuel!

Keep in mind, breakfast also restores sugar levels, an essential carbohydrate needed for the brain to function. Many studies have shown eating breakfast can improve memory, concentration levels, boost your energy and lower stress levels.

By giving your body and brain the energy they need to function, means you will feel energized, motivated and ready to take on the day's challenges.



8. Meditate

Meditating is form of relaxation that can calm you mind, body and spirit. When you silence the mind you awareness is peaked and you can experience inner peace in the midst of confusion. This inner peace is what attracts a lot of people to meditate or do yoga. Everyone can do it and anyone who attempts this relaxation therapy can benefit from it.

I have been meditating for years and I do it every morning before I start my day. It is not difficult to do and I love the silence in the morning before the day begins. Some days it can be a real struggle to calm the mind, while other times it is truly effortless.

There are so many benefits to meditating and research has shown that meditation is a simple way to balance your physical, mental and emotional state. If you want to reduce your stress and anxiety then the benefits of meditation can provide you a life that is peaceful, happy and relaxed.



9. Stretch It Out – Move Your Body

Movement isn't about going to the gym. You don't have to lift weights or run on the treadmill to gain the benefits of moving your body—unless that's your mode of movement. Movement is any physical activity that you enjoy, such as walking, biking, yoga, golfing, dancing or swimming. It's important to connect with activities that offer you pleasure instead of defining exercise as work.

Movement can be a tremendous source of energy and motivation and morning exercise has shown to improve focus and mental abilities throughout the day. Yes, you will have to be disciplined to wake up early... and yes, you have to be focused on achieving an effective workout.

If you're saying right now "I am not a morning exerciser" then I have a challenge for you... Grab your calendar and schedule a time and what type of exercise you are going to perform just for the next week. If you can make it through next week, then try it again the following week and I think you just might be surprised how this routine can become a habit.



10. Visualize Your Day and Your Expectations

Visualization is a technique to help you create your reality. It is a process of using your thought power to consciously imagine, create and attract what you want to experience in your life. What many people don't realize is that the subconscious mind does not differentiate between a real situation and a visualized situation.

Based on this premise, you can **use visualization to manifest what you want** out of life!! By visualizing yourself; giving a presentation or excelling at a specific task, your subconscious mind will actually think you are succeeding and it will help you match the visualized performance.

Remember any technique takes practice. Set aside a few minutes every morning to create your visualization.... And soon you will see your life transforming in miraculous ways. Does it work?? YES—It works when you work it!!!

Make It Work For YOU

My goal is to help you maintain a simple morning routine. Do not complicate it, otherwise, it will be difficult to achieve. See what works for you.

When you empower yourself to take action, something magical occurs and ***it can and will*** boost your energy, keep your anxiety low and provide more peace in your life!

Let's Go One Step Further.. Together

Are you struggling with Staying Focused and Committed? Are you ready to start ***Believing In Yourself*** and have the courage and perseverance to keep pressing forward in spite of the obstacles in your path?

If so, sign up for my [FREE Life Coaching Session](#). I will help you overcome obstacles, have the courage to take action, obtain an unshakeable ability to ***Believe In Yourself*** and discover your inner power.

[Sign Up Here!](#)

one last thing...

Don't forget to join my private Facebook Group – [Journey To Empowerment](#)

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