

# Real Me

## MORNING ROUTINE

### Daily Morning Ritual

(Done Each Morning)

#### Heather's Sample Morning

##### 6:00 AM - Alarm goes off to a morning meditation for 10-20 minutes.

Wake up to something lovely and let it play while your subconscious can enjoy a positive injection for the day. See suggested morning meditations list, download Heather's personal meditation from the website, or choose what inspires you.

##### 6:20 AM - Exercise for 20 minutes to get your heart rate up.

#### Heather's favorite exercises...

- A brisk walk or run on a treadmill.
- A ride on a stationary bike as it is short, sharp, and intense.
- Ashtanga yoga is a wonderful way to exercise and heat up the body.

##### 6:40 AM - Journaling / Reading / Self-Learning for 20 minutes.

- Complete your Daily Gratitude Journal and continue to journaling as long as you wish.
- Stay ahead of your day by looking at your daily journal, plan accordingly.
- Finish this time with some reading or learning something that inspires you.

##### 7:00 - 8:00 AM - Prepare yourself for your day of perfection.

- Shower and get ready for your day.
- Hit the kitchen for daily vitamins and food preparation.
- Pack a healthy lunch so you are not tempted to eat the wrong food.
  - If you are fasting, I suggest black coffee only until after 11:00 AM.

##### Listen to an audiobook / podcast on your way to work.

The commute to work can be such a wonderful part of the day if you get absorbed into an audiobook or podcast. See Heather's suggested audiobook list from the website.

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#### WAKE UP

\_\_\_\_\_ AM - Alarm goes off to a morning meditation for 10-20 minutes.

#### EXERCISE

\_\_\_\_\_ AM - Exercise for 20 minutes to get your heart rate up.

#### JOURNALING

\_\_\_\_\_ AM - Journaling / Reading / Self-Learning for 20 minutes.

#### PREPARING FOR THE DAY

\_\_\_\_\_ AM - Prepare yourself for your day of perfection.

#### COMMUTE TO WORK

\_\_\_\_\_ AM - Commute to work.