



Mindful Mornings



This month's tweak focuses on developing a morning routine to find balance and get mentally and physically fueled for your day. Build your morning routine by adding on a new behavior or tweak each week. By the end of four weeks, you will have a set morning routine that will last you a lifetime!

Place a check mark in each box that you complete. Use the space provided to track your thoughts and activity for weeks two and four. Record your breakfasts for week three. For additional tips, view the Helpful Hints on the next page.

<p>Week 1 Consistency is Key</p> 	<p>I will wake up at _____ all week long.</p> <input type="checkbox"/>	<p>Today, I woke up at _____.</p> <input type="checkbox"/>	<p>Today, I woke up at _____.</p> <input type="checkbox"/>	<p>Today, I woke up at _____.</p> <input type="checkbox"/>	<p>Today, I woke up at _____.</p> <input type="checkbox"/>	<p>Today, I woke up at _____.</p> <input type="checkbox"/>	<p>Today, I woke up at _____.</p> <input type="checkbox"/>
<p>Week 2 Positive Pauses</p> 	<input type="checkbox"/> <input type="checkbox"/>						
<p>Week 3 Balancing Act</p> 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>						
<p>Week 4 Emphasize Exercise</p> 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Helpful Hints

Consistency is Key

Wake up at the same time every morning



Start Up Your System

Squeeze in some exercise!



Positive Pauses

Take 5 minutes every morning to think positive thoughts



Build a Better Breakfast

Prep healthy breakfasts in advance

- ◆ Place a check in the orange box every morning that you wake up at your predetermined time. Continue this in the following weeks.
- ◆ Complete the Morning Assessment provided to find opportunities to improve your current morning routine and determine your wakeup time.
- ◆ Create consistent mornings by waking up at the same time every morning. Remember, this time may need to be adjusted as you add in the additional tweaks each week.
- ◆ Limit the snooze button.
- ◆ Aim to go to bed around the same time every night.

- ◆ Place a check in the blue box every morning you incorporate exercise. Use the space provided on the calendar to write in your activity.
- ◆ You may need to build additional time into your morning routine to perform your morning exercise. Use the last page of the Morning Assessment handout.
- ◆ Perform 10-15 minutes of light to moderate exercise such as yoga, stretching or walking as soon as you wake up.
- ◆ Lay out your exercise clothes the night before.
- ◆ Be sure this isn't the only exercise you are completing all day.
- ◆ Don't forget to stay consistent with your wakeup time, positive pauses, and exercise!

- ◆ Place a check in the purple box every morning you complete a positive pause. Use the space provided on the calendar to jot down some notes.
- ◆ You may need to build additional time into your morning routine to complete your positive pause. Use the last page of the Morning Assessment handout.
- ◆ Find time every morning to take a "positive pause" and think positive thoughts.
- ◆ Perform your positive pause in a comfortable, quiet area.
- ◆ Set a reminder on your phone to complete this activity.
- ◆ Don't forget to stay consistent with your wakeup time and exercise!

- ◆ Place a check in the green box every morning you incorporate a balanced meal. Use the space provided on the calendar to write in your breakfast.
- ◆ You may need to build additional time into your morning routine to prepare your breakfast. Use the last page of the Morning Assessment handout.
- ◆ Aim to consume at least one source of protein, one source of fat, and one source of carbohydrate with every breakfast.
- ◆ Find breakfast foods that you personally enjoy.
- ◆ Don't forget to stay consistent with your wakeup time, exercise and positive pauses!