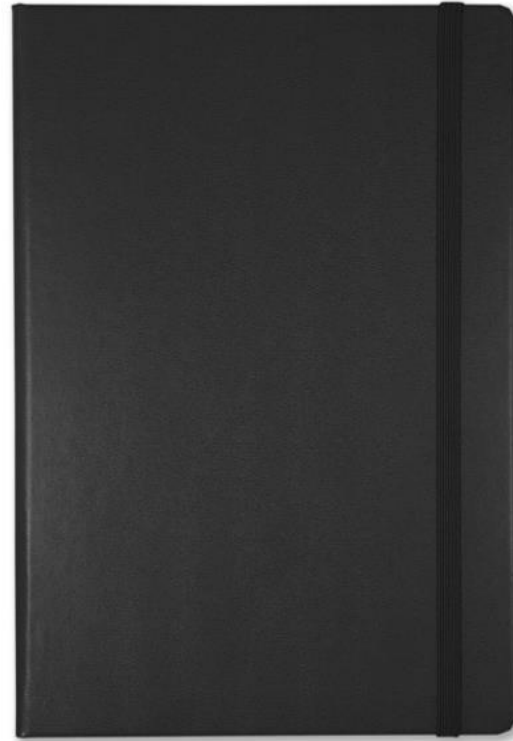


THE AM ROUTINE:



THE IMPORTANCE

I am obsessed with routines; I genuinely believe that every successful person incorporates routines throughout their day and is disciplined when it comes to making them non-negotiable. When I started my series, Style YOUR Biz, I was fascinated by my guest's morning rituals - each of them were so specific and, despite working across different industries, their morning routines seemed to be the thread that linked them all together. It was then that I began to really perfect my mornings as - obviously - there was correlation between having an air-tight routine and daily success/productivity. Here, I've broken down a routine that I believe incorporates the three things you need most each morning; hydration, mindfulness and optimism. I can guarantee that if you follow this routine, your days will mean more; the time you spend procrastinating will decrease, your overall mood will improve and you will begin receiving great gifts from the universe...are you in?

Great. **Let's change your life!**

WHAT YOU'LL NEED

1. Lemons (3-4 a week) + Pink Himalayan Salt
2. A journal or notebook of some sort (this is my fav)
3. TIME. You need to commit to this -it's bettering your life - and carve out some time in your day. If that means you need to wake up earlier to do that...you need to wake up earlier to do that. This routine should take no less than 45-60 minutes each morning, if that small amount of time will make the other 1400 minutes of your day significantly better, you shouldn't even think twice about it.
4. NO EXCUSES. "I'm not a morning person", is a limiting belief, get rid of it and get rid of any other excuses. Respect yourself enough to be all in, you can do this!

THE ROUTINE

GOOD MORNING!

5:00 am

Wake up with ease - set your alarm sound to something soothing and escalating (nothing harsh) + stretch
do not check your phone

5:15 am

Begin your day with gratitude:

- Thank your bed for a great sleep
- Thank your body for being well rested
- Thank the universe for a wonderful day ahead
- Set your Daily Intention

GET YOUR ASS UP

5:30 am

Get out of bed with excitement for the day ahead

don't linger, if you're having trouble getting up count down 5.4.3.2.1 and 'blast out of bed like a rocket ship

5:35 am

Go immediately to the bathroom and wash your face/brush your teeth - look at yourself in the mirror and affirm, "EVERYTHING AND EVERYONE IS WORKING FOR ME, NEVER AGAINST ME" ten times

this sets you up to see the best in the world and in people all day - go back to this anytime you feel overwhelmed

5:50 am

Make your bed!

so underrated, but so crucial

BE MINDFUL

6:00 am

Make & Drink your Detox Water (1/2 squeezed lemon + of pink himalayan salt in 8oz of room temperature water)
the lemon will detox your system and the pink salt will replenish the electrolytes you lost overnight without retaining water

6:10 am

Sit in a quiet place with your journal and write down 10 things that you are manifesting as if they have already happened
i.e. "I am financially thriving and money always flows my way" or "I am in a healthy, romantic relationship"..
you will write the same 10 things everyday, in the same order - once one of the things manifests itself, replace it with a new "I am" statement

6:30 am

Do a 10-15 minute meditation (this is the exact one I do) and focus on/visualize your list of 10 things happening. Be grateful for your visions of future and put strong belief behind your dreams coming true.

YOU DID IT!

6:45 am

Find yourself a 'power song' (this is mine right now). Listen to it while you have your coffee or tea to get you pumped up, inspired and psyched to tackle the rest of your day.

You're a badass and you're going to have a great day!

Be proud of yourself for committing to your mind, body & spirit in the ways you just did - that kind of discipline signals to the universe that you are ready for abundance in all ways.

Bring light and love into the world today knowing that everything is happening FOR you and not TO you.

The world needs you; we need things that only you can provide, we need gifts that only you have, we need words that only you can make resonate.

More importantly - you need you...continue to show up for yourself all day, everyday.

I'm proud of you, I appreciate you and I know that you will live out today in a meaningful way.