



SELF-CARE PRACTICE #1

Create a Simple Morning Routine

Experts agree that what you do first thing in the morning sets the stage for your entire day. You don't even have to be a 'morning person' to benefit from establishing a simple routine to start each day.

So what does this have to do with scrapbooking?

Women tell me that their #1 challenge in finding time to create. We all know that time also really means energy, space, and motivation. Sometimes we have one ingredient, but another is missing.

Here's how it connects: Following a routine doesn't require your brain to work very hard, saving more of that mental energy for later. This is why actions you take in the morning can impact the remainder of your day. But it's not just about preservation of decision-making power.

When you begin feeling masterful, you're much more likely to feel more positive about the day. An upbeat attitude helps you act with more efficiency, tackling the 'must do' items on your list with less procrastination or resistance. You actually create more time for rest.

Do you see where this is going? Small actions you take throughout your day impact whether or not you'll be able to find time to scrapbook and when you do, if your energy will be there to follow through.

If you don't yet have a morning routine, I suggest starting with one small step. This is one single action you'll take each morning, as an invitation to a great day. We call this a linchpin habit. Once you have formed this habit, you can add more steps.

If you already have a routine, can you add in one ten-minute step that ups the ante for you?



LINCHPIN HABIT IDEAS

Start building a morning routine by choosing one small step you'll take every single morning. Here are some examples to consider:

- Do 10 minutes of yoga.
- Make your bed.
- Read for 15 minutes.
- Write in a gratitude journal.
- Meditate for 7 minutes.
- Make coffee or tea.
- Go for a walk outside.
- [add your own]

+ STEPS: FOR YOUR MIND

Consider adding one of these steps:

- Plan out your day.
- Engage in conversation
- Do a crossword puzzle.
- Read the newspaper.
- Study for a class.
- Practice visualization.
- Make a list.
- Check your favorite blogs.
- [add your own]

+ STEPS: FOR YOUR HEART

Consider adding one of these steps:

- Spend time with your partner.
- Read to your child.
- Browse recent photos.
- Listen to music.
- Read a book of poetry.
- Write to your intuition.
- Watch some funny videos.
- Add a note to a lunchbox.
- [add your own]

+ STEPS: FOR YOUR SPIRIT

Consider adding one of these steps:

- Spend 10 minutes in solitude.
- Read from a book of prayer.
- Write down your dreams.
- Walk your dog(s).
- Conduct a personal ritual.
- Send an email to your bestie.
- Journal to release anxiety.
- Use a meditation app.
- [add your own]

+ STEPS: FOR YOUR BODY

Consider adding one of these steps:

- Drink a full glass of water.
- Follow an exercise video.
- Eat a healthy breakfast.
- Take a class.
- Check out your garden.
- Walk on the treadmill.
- Do some stretches.
- Go to the gym.
- [add your own]

+ STEPS: FOR YOUR LIFE

Consider adding one of these steps:

- Check the weather.
- Start a load of laundry.
- Unload the dishwasher.
- Feed the cat.
- Make all the beds.
- Open the windows.
- Process your email.
- Start dinner.
- [add your own]