



Place your hands on your stomach, close your eyes and focus on your breathing for two minutes, simply noticing the rise and fall of your belly as you breathe in and out.

Mindful wake up

You are the priority today! When you wake up, resist the urge to check your phones and emails.

Instead...

Sit up in bed in a relaxed position. Make sure your spine is straight but not rigid. Close your eyes and try to connect with the sensations in your body.

Take three long deep nourishing breaths. Breathe in through your nose and out through your mouth. Let your breath settle into its own rhythm, noticing the rise and fall of your chest and belly as you follow the breath.

Ask yourself: How do I feel? Use the following prompts to help answer the question.



Ask yourself: How do I feel?

Use the following prompts to help answer the question.

- What do I need to take better care of my self today?
- How might I show up today to have the best impact?
- What boundaries do I want to strengthen and develop?
- During difficult moments, how might I be more compassionate towards others and myself?
- How might I feel more connected and fulfilled?

Open your eyes and choose an affirmation for the day

Check in with yourself throughout the day. Pause.

Take a breath, and revisit your affirmation.