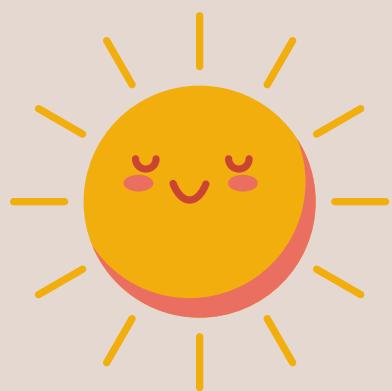




Autumn Morning Routine



Wake Up to a Better Day

Morning Routine Basics

Hello there, beautiful soul!

If you're reading this, it's because you're ready to take control of your mornings and, by extension, your life. You deserve to start your day on your terms, setting the tone for a productive, fulfilling day. This guide will help you do just that.



WHY A MORNING ROUTINE?

More than just a list of tasks to check off before the sun rises, a morning routine is a powerful tool that can set the tone for your entire day.

1 Start Your Day with Intention

Instead of reacting to the day's events, proactively set the tone for how you want your day to go.



Boost Productivity

A consistent morning routine helps you become more efficient and effective in your daily tasks.

3 Improve Mental Health

Start your day with self-care to reduce stress and anxiety, leading to improved mental health overall.



Create Consistency

A morning routine provides a sense of structure and normalcy, which feels so comforting in this chaotic world.



How To Create Your Morning Routine

Creating a morning routine is a very personal journey. Here are some steps to help you create a routine that makes you feel good at the start of every day.



1

Identify Your Priorities

What do you want to achieve with your morning routine? It could be anything from feeling more energized to having more time for self-care.

2

Choose Your Activities

Choose Your Activities: Based on your priorities, choose activities that will help you achieve your goals. This could include exercise, meditation, reading, journaling, or even a hearty breakfast.

3

Schedule Your Time

Decide how much time you can realistically dedicate to your morning routine. Remember, it's not about how long your routine is, but how well it serves you.

4

Be Consistent

Consistency is key when it comes to reaping the benefits of a morning routine. Try to stick to your routine as much as possible, but also be flexible and allow for adjustments as needed.

Autumn Morning Routine Suggestions

On the next page is a routine that's perfect for crisp Autumn mornings.

Or if you prefer to create your own personalised Autumn morning routine, you'll also find a template you can fill in yourself.

Print it off and add your own habits to track daily.

COULD A MORNING ROUTINE COACH HELP?

Sometimes all you need is a little help getting started. You may be confused with what to prioritise, concerned that you don't have enough time or simply are feeling overwhelmed.

As a certified life coach Corinna can help you cut through the noise in your head, getting you the clarity you need to move forward with confidence.



“ How you start your morning sets the tone for how you feel and what you accomplish throughout the rest of the day. Your days determine your weeks, your weeks determine your months and your months determine your years.
This matters. **”**

Corinna Phillips

Different ways to work with Corinna:

- 12 week Group Coaching Program
- Bespoke 1 on 1 personal coaching

Contact: corinna@inspiringlifedesign.com

Good Morning

"WAKE UP TO A GREAT DAY"

Drink a glass of water with lemon or lime

Stretch, yoga or workout for 15 mins

Make a hot seasonal coffee or tea

Read in a cosy spot for 15 mins

Gratitude meditation for 10 mins

Take a warm refreshing shower

Get dressed in comforting autumn clothes

Apply skincare & make-up



Autumn Morning Routine

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Good Morning

"WAKE UP TO A GREAT DAY"

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