

START YOUR DAY THE RIGHT WAY

**INCREASE YOUR FOCUS, CLARITY
& HAPPINESS IN JUST 10-DAYS**





Hi Friend!

Congratulations on taking the time to evaluate and improve your life.

Not a lot of people do, so give yourself a big pat on the back! Really! Implementing a morning routine is the first step I recommend all my clients take, and is an absolutely essential part of the lifestyle design process.

This document outlines a super simple 15-20 minute routine I have refined over the last several years. I credit this routine for bringing focus, clarity, and overall increased happiness to my life.

I hope you make it your own and enjoy!

XOXO,

Kate S. Bagoy

STEP ONE

DRINK WATER

WAKE UP YOUR BODY

Drink a full glass of water the minute your alarm goes off, then start to stretch.

After 8- hours or so of sleep, you are dehydrated, and this will help you get out of bed faster. I fill a 20-oz Hydroflask with water every night & drain it first thing every morning.

Seriously, this is a total game changer for habitual snoozers!

STEP TWO

BE THANKFUL

START WITH GRATITUDE.

Before you do anything else, write down three things you are grateful for; it doesn't matter how big or how small.

You can visualize as well but putting pen to paper is a more potent way to get the message into your brain.

And its a powerful one - It's near impossible to get caught in overwhelm, anxiety or fear when you live in gratitude!

STEP THREE

BRAIN DUMP

CLEAN THE SLATE

Dump everything from your head onto paper. You know, the stuff that runs through your brain at 700 miles per hour?

Write for 5-10 minutes, or about three pages. It doesn't matter what, just write down what comes to mind. With a pen. On paper.

Remove the clutter so you can focus on what you need to focus on, and not that thing someone did that's eatin' at you. A great side effect is that you'll be more motivated to take care of problems rather than writing them down every morning.

STEP FOUR

SET GOALS

LIST OF THREE

The last thing you should do before starting your day is to write down your goals & tasks.

I recommend writing down your top three goals for the year, and then list the three most critical tasks you need to complete today.

By doing this every day you keep your overarching goals top of mind, and your behavior will start to shift to align with what you want in life

STEP FIVE

MEDITATE

FIND YOUR BLISS

I'm a huge fan of meditation but struggled for years to implement a daily practice until recently, so I completely understand if you have a hard time.

But even a few minutes of meditation, or silence, can pave the way for an incredible day.

I'm a big fan of the Headspace and Calm apps for iPhone / Android if you are brand new to meditation.

If all else fails, take a 5-minute walk without your phone!

10-DAY CHALLENGE

READY TO CHANGE YOUR LIFE?

It takes about 14-days to create a habit, but only about a week to see results.

So I encourage you to commit to at least 10-days of a morning routine to see how quickly you can get focused and clear in your life.

Take these steps for 10-days and I bet you a dollar you'll see results.*

**Not actually a bet or promise to pay, but do let me know how it goes at kate@katebagoy.com*