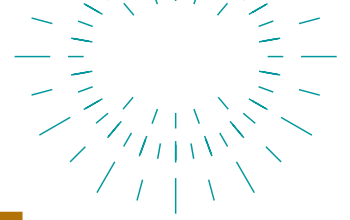


kickass

MORNING ROUTINE

TO GET MY DAILY DOSE OF POSITIVE VIBES



H

HYDRATE

kick-start your day with a glass of water to boost your body and brain

E

ENGAGE

chat with your partner and kids rather than spending time on social media to release feel good hormones, satisfy your need for personal connection & build strong family relationships

A

AFFIRM

practice your positive self-affirmations and boost your confidence and self-belief

L

LISTEN

take a moment to listen to your body, mind and soul to stimulate positive thinking and plan your day in answer to your own needs

T

TIGER POSE

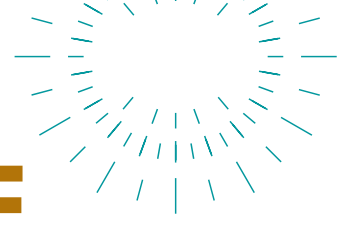
stretch your muscles with yoga exercises like the tiger pose and strengthen your core body and stretch your back and spine muscles

H

HANDWRITE

complete your morning journal including your goals for the day to clarify purpose and celebrate your successes





MY DAILY MORNING ROUTINE

TO GET MY DAILY DOSE OF POSITIVE VIBES

date

H

MY HYDRATION PLAN

E

I WILL ENGAGE WITH

A

MY POSITIVE AFFIRMATION

L

MY MIND & BODY NEEDS

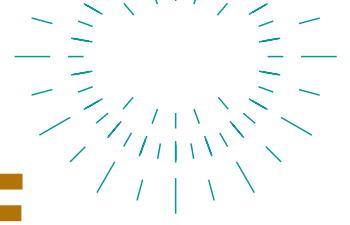
T

MY FAVORITE MORNING EXERCISE

H

MY JOURNAL FOCUS FOR TODAY





POWER AFFIRMATIONS FOR MY MORNING ROUTINE

TO GET MY DAILY DOSE OF POSITIVE VIBES

DAILY

Life is not easy but I can do it
Difficult times always pass
Smiling makes me beautiful
I give myself permission to be happy
and gorgeous

WHEN OVERWHELMED

I will learn from my mistakes
I am grateful for being alive
Staying calm is within my reach
because I am in control
I know what I need and can deliver
My family is happy and healthy
when I am

MOTHERHOOD

When I am happy my family is happy
I am not perfect and neither are my
kids
It feels great to lie down and clear
my mind
I trust my mom instincts
I am not a perfect mom but I am
proud to be a mom
My kids love me because I am their
mother

SHORT

I choose happiness
I am proud of myself
I find solutions not problems
I believe in myself

WORK

I am grateful for being able to work
I am ready to slay this day
I am valued at work and at home
I make a difference at work

FUN

I love mornings
I choose to have a cool day
Others can't touch my soul
Even when I struggle I will
keep going
I am proud of myself

EVERY MORNING

I am choosing to have an awesome day
Self-care is not a luxury it is a necessity
This day will be beautiful
I am a strong because I believe in
myself

PLEASE NOTE

all content and images in the

kickass

MORNING ROUTINE

TO GET MY DAILY DOSE OF POSITIVE VIBES

are original and belongs to

HEALTHY FAMILY AND ME

copyright is protected and
for personal use only

please do not copy, distribute
or post online



estie@healthyfamilyandme.com