

CREATE
YOUR
PERFECT
MORNING

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03

P R E L U D E

03

How you spend the first five minutes of your day can have a huge impact on the quality of the rest of your day. So what actions do you take first thing in the morning?

Do you reach for your phone and scroll on social media before getting out of bed? The blue light shining in your eyes stimulating you but not actually giving you the sunlight you need to get your melatonin balanced for the day. You might start ‘catching up’ on all the worlds problems or emails before you’ve even had a chance to brush your teeth...

And how does this make you really feel? Connected? I doubt it. Busy? Probably. Anxious? Maybe. It’s certainly not motivating. That’s for sure!

What would someone living their best life be doing as they wake up? Just for a moment think about your perfect morning. When you're ready, close your eyes and think about what you'd be doing when you wake up. Then start to feel into the feelings of this perfect morning.

Whilst you may not be able to be waking up in a beach front bungalow and sipping on a coconut first thing every single day, you are only one choice away from creating a more nourishing morning for yourself. And it starts in the first five minutes of your day.

Are you ready to make a simply choice to say yes to best practise? Say yes to creating a morning that you enjoy, every morning.

06

P L A N
A H E A D

06

The best advice I give to those who ask is to just take one step! The first step can be so daunting because often people work themselves up with worry about the entire task, whatever it may be.

Studies prove that implimenting one change (one step) creates a continuous positive effect for the whole day. A great example of this is getting your clothes ready the night before or making your bed at the start of the day.

To create your best morning what would be one thing you could do the night before? Examples: clean up your space. put your yoga mat next to your bed. set an alarm five minutes earlier than usual. plan your morning ritual the night before.

08

T I P S

08

Ultimately you can choose what is right for you. I will give you some ideas but it is up to impliment what you'd like.

- If you must set an alarm, set it five minutes earlier and set it to something that doesn't make you have heart palpitations when it goes off
- Smile.... literally, thats it... Now actually raise the corners of your mouth once you open your eyes. Changing your physiology has a huge impact on your psychology.
- Tap into some gratitude whilst you are still in your bed. Are you grateful for a good nights sleep? Your luscious bed sheets? The day ahead?

The sun shining through the blinds?
Focusing on something you're grateful
for allows you to feel the feelings of
gratitude. Remember this is not about
just saying or thinking gratitude... its
about actually feeling it. Notice how the
things you've chosen to be grateful for
makes you feel. Notice where the
feelings are. Are they in your heart?
Your tummy? Your whole body? Where
are the sensations? Feel the feelings of
being grateful, Don't just think it.

- Breathe. Just simply breathe. A simple
breath to follow is in for four and out
for four.
- Sit in front of a mirror and notice all the
things you love about yourself.

- Maybe you sit or lie with your eyes closed and feel into your body. Stretch and enjoy your body waking up slowly.
- Meditate. Guided or non guided. Perhaps you use the app Insight Timer. It's a free app that you do not need to sign up to the free trial to experience. Just type in guided, select your time and choose your session.
- Yoga. Now, you don't need to be a yoga guru to be able to move your body. You can flow to whatever feels good for you. There are thousands of yoga videos you can follow online. It's important to do what feels good for you. Getting the synovial fluid moving around your joints before you get in the car or public transport and off to work.

12

I M P L E M E N T

12

So what will you implement? And how?
Well let's go back to the very beginning....
Remember the one piece of advice that I
would give anyone who asked? Well it was
to "just take one step"....

So what one step will you take each day?

Day 1. Set alarm five minutes earlier.

That's it. Just one thing. Then on day two
you can add one more thing. Then day
three add something else and so on.

Make sure you create this new habit slowly
so you don't get overwhelmed. You have all
the time in the world to continue to have
these nourishing mornings so start slow and
build up the appreciation for this new
habit.

14

W E E K L Y
P L A N

14

W E E K L Y P L A N

Day 1. Set alarm five minutes earlier
for all future mornings

Day 2. Smile

Day 3. Smile & stretch

Day 4. Smile, stretch & become
grateful

Day 5. Smile, stretch, become grateful
& meditate

Day 6. Smile, stretch, become grateful,
meditate & sit in front of the mirror

Day 7. Smile, stretch, become grateful,
meditate, sit in front of the mirror &
move your body