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Morning Makeover

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The way you start your morning sets the tone for your entire day. If you've ever woken up feeling off—rushed, overwhelmed, or just in a funk—you know how quickly that energy can spill into everything else. But here's the good news: you have more control than you think.

A few simple shifts in your morning routine can transform your mindset, boost your energy, and help you feel more in charge of your day (instead of the other way around). It all starts with a plan. To make it easy, I've put together seven simple habits that will help you refresh your mornings—so you can feel happier, more focused, and ready to take on the day. Let's dive in!





Habit #1: Don't Rush - Ease into Your Mornings

Whenever possible, give yourself the gift of a slow, peaceful start. Instead of jolting out of bed at the last minute and rushing into the day, create space for a few moments of stillness. This allows your mind to wake up gently, giving you a chance to set the tone for the day ahead.

Think of it like a cat stretching after a long nap—unhurried, deliberate, and fully present. Take a deep breath, notice your surroundings, and allow yourself to transition from sleep to wakefulness with ease.

One simple way to claim this time for yourself? Keep your phone out of reach while you sleep. Instead of using your phone's alarm (which can tempt you to dive straight into notifications), try a traditional alarm clock or a sunrise-simulating one for a more soothing wake-up. If you prefer using your phone, set it to "Do Not Disturb" so you're not bombarded with messages before you've even had a chance to open your eyes.

Your morning should be yours—before the world starts pulling you in different directions. Take those first few minutes just for you, and notice how much calmer and more centered you feel as you step into your day.

Before you reach for your to-do list, take a moment to clear your mind and set your intentions—because the next simple habit, journaling your thoughts, can be a game-changer for starting your day with clarity and purpose. Keep reading—you won't want to skip this one!



Habit #2: Journal Your Thoughts - Clear Your Mind and Set Your Intentions

You've probably heard this advice before, but it's worth repeating—because when it comes to starting your day on a positive note, journaling is one of the simplest yet most powerful habits you can adopt.

Why? Because your mind wakes up with a flood of thoughts—plans, worries, ideas, to-dos, and everything in between. Without an outlet, this mental clutter can leave you feeling scattered before the day even begins. Journaling helps you clear that mental fog, giving your thoughts a place to land so you can move forward with clarity and focus.

How to Do a Brain Dump

It's simple: just write down whatever is on your mind. No filters, no overthinking. Your thoughts, feelings, worries, plans—everything is fair game. Whether it's positive, stressful, exciting, or uncertain, putting it on paper helps you process it instead of carrying it around all day.

If you're new to journaling, start small. Set a timer for 5-10 minutes or aim to fill 2-3 pages in your notebook. Don't worry about structure or perfection—this is just for you. Over time, this practice will become second nature, and you'll notice how much lighter and more centered you feel after getting your thoughts out of your head and onto the page.

Ready for the next simple habit that will transform your mornings? Keep going—you're just getting started!



Habit #3: Practice Relaxation Techniques - Start Your Day With Calm

Mornings don't have to feel rushed or chaotic. A few simple relaxation techniques can help you ease into the day with a sense of calm and control—before the world starts pulling you in different directions.

One of the best ways to do this is through morning meditation. Instead of letting random thoughts and worries dictate your mood, meditation allows you to intentionally shift your focus to something grounding—whether it's your breath, a mantra, or even a feeling of gratitude. Even just a few minutes can help clear your mind and set a peaceful tone for the day ahead.

Another simple yet powerful tool is box breathing. This technique follows a rhythmic pattern: inhale for four counts, hold for four, exhale for four, and pause for four. It's been shown to reduce stress, improve focus, ease muscle tension, and calm the nervous system. Not sure if it's for you? Try it for just 5-10 minutes each morning for a week and notice how you feel.

If you prefer movement, consider mindful walking. Instead of mentally running through your to-do list while walking, focus on the sensation of your feet hitting the ground, the rhythm of your breath, and the sights and sounds around you. This practice not only brings a sense of presence and peace but also offers all the physical benefits of walking.

At first, it might take some practice to quiet your mind, but the more you engage in these relaxation techniques, the more natural they'll become. Give yourself permission to start small, experiment, and find what works best for you—your mornings (and your mindset) will thank you.



Habit #4: Enjoy the Morning Sun - Soak in Nature's Mood Booster

There's something almost magical about stepping into the morning light and breathing in fresh air—it's an instant mood booster and a simple way to start your day on a positive note. Whenever possible, make it a habit to let the sunlight in as soon as you wake up. Open your curtains, crack a window, or step outside for a few moments to let the fresh air and natural light work their magic.

Why is this so powerful? Sunlight helps regulate your circadian rhythm, signaling to your body that it's time to wake up and be alert. It also triggers the release of serotonin, the "feel-good" hormone that boosts your mood and energy levels.

And if you can get just 5-10 minutes of morning sun exposure, you'll also help your body naturally produce vitamin D, which plays a key role in immune function, bone health, and overall well-being.

If you live in a colder climate, don't let chilly weather keep you from this habit. Bundle up and step outside, even if just for a few deep breaths of crisp morning air. You can also position yourself near a sunny window while you sip your morning coffee or tea, allowing the warmth and light to gently ease you into the day.

Making this simple practice part of your morning routine can leave you feeling more refreshed, focused, and ready to take on the day—one sunbeam at a time.



Habit #5: Incorporate Self-Care - Fill Your Own Cup First

Mornings aren't just for tackling to-do lists—they're also the perfect time to nurture yourself before the demands of the day take over. Self-care isn't a luxury; it's a necessity, and the best part? You get to define what it looks like for you.

As women, we're often conditioned to put everyone else's needs ahead of our own. We take care of our families, support our friends, and give endlessly at work—leaving little time for ourselves.

And when we do take time, there's often a nagging sense of guilt, as if we're being selfish. But here's the truth: taking care of yourself isn't selfish—it's essential. You can't pour from an empty cup, and prioritizing your well-being makes you stronger, happier, and more present for the people you love.

Start by thinking about small, meaningful ways to bring more joy and ease into your mornings. Maybe that means savoring your coffee in peace, indulging in a few pages of a good book, stretching out the tension from sleep, or practicing a few moments of gratitude or prayer.

If movement energizes you, a short walk or light yoga session might be your ideal self-care ritual. Love being in nature? Step outside and soak in the quiet beauty of the early hours.

The key to morning self-care is making it intentional—setting aside time just for yourself, free from distractions or obligations.



It doesn't have to be elaborate or time-consuming; even 5-15 minutes of dedicated self-care can set the tone for a more balanced and fulfilling day.

If you're not sure where to start, try incorporating one of these simple yet powerful morning self-care practices:

- Take a short walk – Step outside, breathe in the fresh air, and enjoy the gentle movement to wake up your body.
- Stretch or do light yoga – Loosen tight muscles, release tension, and set a relaxed, positive tone for the day.
- Listen to soft music or an uplifting message – Play your favorite calming tunes or a motivating podcast while getting ready for the day.
- Enjoy a mindful moment with your coffee or tea – Sit in stillness, savor the warmth, and let yourself be fully present.
- Read a few pages of an inspiring book – Whether it's a devotional, self-improvement book, or an uplifting novel, start your day with words that fuel your soul.

If you often put yourself last, think of this habit as a way to reclaim your time and well-being.

When you prioritize your needs, you're not just benefiting yourself—you're showing up as the best version of you for the people and responsibilities in your life.

So, choose one small act of self-care and commit to making it part of your morning routine. You deserve it.



Habit #6: Combine Gratitude and _____ for a Powerful Start of Your Day

Few things have the power to shift your mindset and elevate your mood like practicing gratitude first thing in the morning. When you choose to focus on the blessings in your life—rather than what’s missing or what’s not going right—you begin to cultivate a mindset of abundance, joy, and contentment.

Gratitude isn’t just a feel-good practice; it’s a transformational habit that can rewire your brain to recognize and attract more positivity into your daily life.

To get started, set aside a dedicated gratitude journal and make it part of your morning ritual. Each morning, write down three to five things you’re grateful for—big or small. Maybe it’s the warmth of your cozy bed, the sound of birds chirping outside, or the love and support of family and friends.

At times, it may feel like you’re writing the same things repeatedly, but stick with it. The more you acknowledge and appreciate the good in your life, the more you’ll start to notice even more reasons to be grateful.

Were you able to fill in the blank in the title of this page? Bear with me and let’s switch gears a bit here... as you’ve most likely know, affirmations are short, powerful statements that help reframe your thoughts and reinforce the mindset you want to cultivate.



And when you incorporate positive affirmations in your gratitude practice intentionally, purposefully and regularly, you'll witness how this powerful combination transforms your life.

Here's how to do this... Instead of just listing what you're grateful for, truly feel the gratitude as you write. Then, speak a positive affirmation aloud that aligns with what you just wrote.

The following are a few examples. First write them down, and then affirm them out loud, as you feel good hearing yourself while you read them a few times with excitement...

✦ If you're grateful for your health: "I am strong, healthy, and full of energy."

✦ If you're grateful for a new day: "Today is a gift, and I welcome it with joy and purpose."

✦ If you're grateful for your resilience: "I am capable, confident, and ready to handle anything that comes my way."

You can choose one affirmation to repeat daily or select a new one each morning, depending on what resonates with you. The key is to speak with conviction and truly believe in the words you're saying—because what you focus on expands.

By combining gratitude and affirmations, you're not just making a list—you're actively shifting your mindset, boosting your confidence, and setting the tone for a day filled with positivity and purpose. This simple habit can make a profound difference in how you experience life, no matter what challenges come your way. So grab your journal, take a deep breath, and start your day with gratitude and self-empowerment.



Habit #7: Fuel Your Body with Whole Foods and Eliminate Aggressors

You can practice every positive habit in the world—affirmations, journaling, mindfulness, gratitude—but if your body isn't thriving, you're only scratching the surface of true well-being.

Your mind, body, and spirit must work in harmony for you to feel vibrant and truly experience the benefits of these morning rituals. Without proper nutrition, your body is constantly fighting against fatigue, inflammation, cravings, and mood swings. And let's be honest—no amount of positive thinking can undo the effects of a diet that's working against you.

What you put on your plate each morning sets the tone for your entire day—not just in terms of energy but also for your mood, mental clarity, and long-term health; but, if your breakfast consists of sugary cereals, pastries, or pre-packaged convenience foods, you might get a quick burst of energy, but it won't last. Within hours, you'll experience the dreaded sugar crash—leaving you exhausted, irritable, foggy-headed, and craving even more sugar.

Refined sugars and processed foods are more than just empty calories. They disrupt your body's natural balance, leading to weight gain, hormonal disruption, insulin resistance, gut health issues, and chronic inflammation. Over time, excessive sugar consumption has been directly linked to serious health problems such as obesity, type 2 diabetes, joint pain, and even some types of cancer. And if you've ever felt bloated, sluggish, or constantly craving more sweets, your diet may be playing a bigger role than you realize.



So, what's the solution? Ditch the packaged, sugar-laden foods and start your day with whole, nutrient-dense options that fuel your body properly. Whole foods provide sustained energy, stable blood sugar levels, and essential nutrients that help you feel your best.

Need some easy ideas? Here are some fantastic whole-food breakfast options:

- ✓ Protein-Packed Scramble – Eggs with spinach, tomatoes, and avocado
- ✓ Power Smoothie – A blend of berries, unsweetened almond milk, flaxseeds, and protein powder
- ✓ Overnight Chia Pudding – Chia seeds soaked in coconut milk with a sprinkle of cinnamon
- ✓ Greek Yogurt Parfait – Plain Greek yogurt topped with nuts, a handful of fresh berries, and a dash of honey
- ✓ Savory Oatmeal – Steel-cut oats with walnuts, hemp seeds, and a drizzle of almond butter

By choosing whole, nourishing foods, you'll avoid energy crashes, improve focus, support gut health, and reduce inflammation—all while feeling satisfied and in control of your cravings. This habit alone will help reinforce the results you'll get from all the prior habits!

So, if you relate to the symptoms mentioned above and you know that your sugar consumption is excessive, or just feel like your body isn't functioning at its best, please keep reading as I have a solution that might be just perfect for you!



So, you've been struggling with sugar cravings, unwanted weight gain, mind fog, lack of energy, or just feel like your body isn't functioning at its best, and it's time to take control...

Congratulations on recognizing your truth! Awareness is the first and most powerful step—because without it, real change is impossible. Think about it, how can you change something when you are not aware that something needs change? Really!

But first, let's clarify something important... what I'm proposing here is not about cutting out sugar from your diet altogether. Yes, it can be done but... for most of us, it can be both difficult and unsustainable in the long run. Instead, it's about significantly reducing your sugar intake in a way that's realistic and effective.

By following my simple 3-day protocol, you'll start feeling the difference almost immediately—more energy, fewer cravings, and a clearer mind.

Do you want to finally break free from the sugar cycle and look & feel your absolute best?

[Click here](#) (or the guide image to the right) to discover the simple steps to reclaim your health—starting today!

See you on the inside! 😊

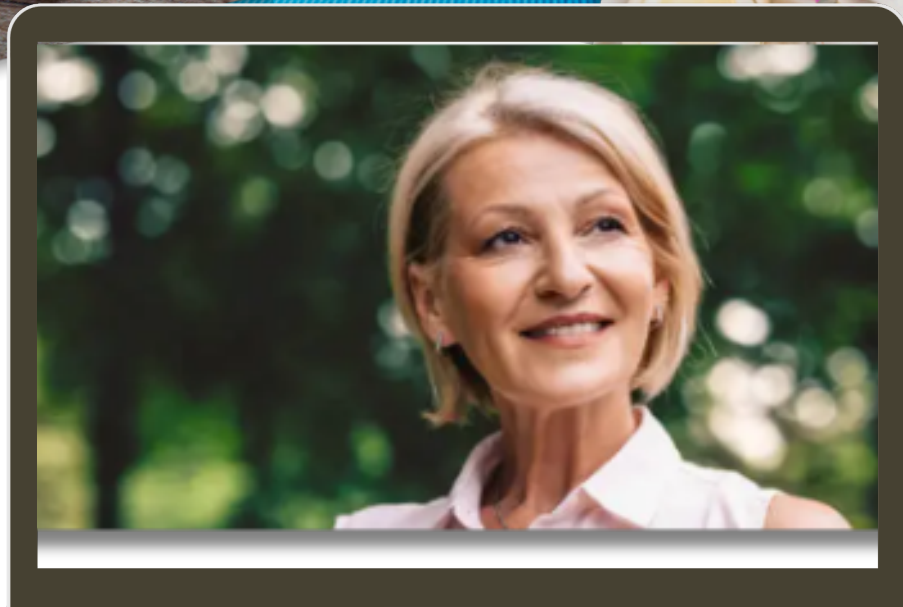




What's next...

I hope you've enjoyed this report and that you put it to good use... but this is just the beginning. What if you could live life to the fullest by being healthy and happy? What if a few simple shifts could guide you to create your best experience every day?

The TBHealthy Facebook Group might be the space you've been looking for! [Join us here...](#)



[CLICK HERE](#) and JOIN US TODAY!



My Morning Makeover Notes:

A large, empty rectangular box with a black border, intended for writing notes. The interior of the box is light blue.

