

MORNING MINDFULNESS

F o r S u c c e s s

Kickstart your day with these simple starter mindfulness steps so you can start regaining control over your stress levels and create amazing experiences for yourself and everyone around you.

Don't pressure yourself to take it all on at once! Start building slowly and stay consistent. Different things work for different people.

These are just basic start-up steps to the beautiful journey inward. If you can keep up with these simple steps for 3-4 weeks, you are ready for the next step to building a powerful practice. Stay tuned for advanced practice steps. Reach out to me with any questions you have! So excited for you!

1

SHARE YOUR MINDFULNESS PLAN

Most people struggle with starting and building a mindfulness habit. Once they experience the benefits of one, they know best to stick to it. Talk to your partner or support structure about the changes you are working to make and the practice you are working on. Garner their support to enable you to be super consistent about the time and place for your practice.

2

CONSISTENT SLEEP-WAKE CYCLE

Maintain a consistent sleep and waking time at least 5 days a week.
Mine is 10 pm to 5 am. Figure out what hours get you feeling physically
and mentally rested enough and allows you to attend to what
is most important to you.

3

SHIFT TO EARLIER MORNINGS

Gradually condition yourself to wake up 1-2 hours before your family responsibilities kick in - avoid panic and reactivity while you try to establish a healthy and consistent mindfulness practice.

4

SHOWER FIRST UNLESS YOU ARE WORKING OUT

Get into the habit of waking up and taking a shower immediately.

Try 5-7 minutes of your usual water temperature just to wake up the senses with water therapy. Observe your waking state of mind but avoid letting it take control as this is when our cortisol levels are highest.

5

PHYSICAL EXERCISE

If you already have a physical workout routine in the mornings, it's best to do this before any mindfulness practice. Best to get that heart rate and happy hormones kicking in first so the parasympathetic nervous system can kick in right after. If you do not have a physical exercise routine, find a 20-30 minute routine on YouTube that suits your fitness level and turn it on first. Yoga Flows with sun salutations are a great gentle place to start.

6

KEEP A CONSISTENT INSPIRING MINDFULNESS SPACE

Have a special corner for solitude and prepare it in advance.

If possible - keep it separate from your home office until you get really good at your practice - that is when it really will not matter where you are.

Invest in small things like a yoga mat and firm cushion where you may retreat to to build your practice. Just practice using this space 2-3 times a day for 5-10 minutes with calming influences (no beeping devices) so it becomes habitual and very comforting to you. Candles, music, affirmations, photos, colors, textures are some of the elements that inspire and calm you are things to think about.

7

WHAT TO DO IN THAT SPACE

When you start, sit comfortably upright on the floor or chair - avoid lying down or reclining. Stay awake and present. You can start with deep breaths into the belly and chest to expand the muscles in these areas. After that, it's ok to use guided meditation apps - but try listen to Anvaya's 20 min meditations on YouTube - <https://www.youtube.com/@VaishaliJoshiVideos>

Practice observing how your thoughts take over your mind - and when you observe this, practice distancing yourself from them - letting them pass you by like cars on the road.

MORNING MINDFULNESS

F o r S u c c e s s

By following these seven strategies, you are on your way to beginning your day in an aligned state with these simple mindfulness steps to regain control over your stress levels and create amazing experiences for yourself and those around you.

Remember, it's okay to start slow and find what works best for you. These initial steps are just the beginning of a beautiful inward journey.

If you can stick with them for 3-4 weeks, you'll be ready for the next level of practice.

Speaking of “next level”...If you are curious about what a customized daily practice looks like for you and perhaps you feel you have a lot of untapped potential for life, feel free to reach out to us with any questions you may have.

Let's brainstorm about how to take your mindfulness practice to the next level, book a meeting at book.meetanvaya.com.