

10 Minute Morning Mindset

Journal Each morning for just 10 minutes

Note your Feelings. Name the 3 that are most present.

What are you thinking that creates those emotions?

Then, considering what is on your calendar today, considering your intentions.....

What do you need to feel to meet the demands of the day?

What would you have to think to create those emotions?

Explanation:

This is an awareness exercise. It's also a practice, we get better and better at the awareness and choosing what we really need for the day the more we do this. This journal practice gives you an opportunity to start where you are and then drop into your intentions for the day. Our brain tends to wake up with more negative emotions and this practice helps you to create what you need for the day.

It's amazing how powerful admitting our current emotional state can be. It gives us the space to move to where you need to. If we don't admit to being anxious and why and we need to be grounded and calm for the day. The anxious feelings ride underneath the emotions we need. Admitting the anxious thoughts and feelings helps us to MOVE from one to the other. This is a great way to note unintentional thoughts (even thought errors) before we get into the meat of our day.

Evening Gratitude Practice

Journal before retiring for the night for just 5-10 minutes. Again, the regular practice of this creates a momentum and a training the brain to look for the good, believe the good that is happening in our lives. It can turn the worst most anxious day into.....oh ya that great thing DID happen today!!!

List 5 things you're grateful for....

List 3 things that were wins for the day....

List 1 thing you'll do differently or set your intention for tomorrow.

5.

4.

3.

2.

1.

3.

2.

1.

1.

I do this quickly and have found that I forget some of the great things that have happened in my favor or during my day. If something frustrating occurred at the end of the day, I might sense that the entire day was negative, but it wasn't true. Gratitude work creates NEW neurons, new thought patterns and beliefs.

Here's just one article that explains the benefits of this practice.

(<https://chopra.com/articles/the-neuroscience-behind-gratitude-how-does-cultivating-appreciation-affect-your-brain>)