



## YOUR MORNING ROAD MAP

Your complete guide to creating your powerful, personalized morning ritual!

*by Leah Goard*

DEFINE DESIGN ALIGN

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Most of us want more time, a greater capacity to be fully present and a whole lot less hurry and distraction in our lives – my guess is that you do too!

**There is one ritual that will make a profound difference in your focus, energy and how you feel as you navigate your days and that's Your Morning Ritual.**

How you wake up in the morning determines the outcomes for your day, which drives your weeks, and months and years. **How you wake up in the morning is in essence how you live your life!**

**As simple as it is, the ripple effect of having a morning ritual is by far one of the most powerful things you can create!**

There are many ways that people advocate structuring mornings. Some are very long and complicated (Ummm – who has three hours in the morning before the kids get up?) And others are very specific in what you should be doing (Forgive me but morning meditation is just not my thing).

**How you wake up in the morning is a deeply personal journey.** Your morning ritual needs to fuel YOU – your body, mind and soul – so that you can show up in your world centered, empowered and open with the capacity to nurture those in your life, reach your goals and thrive along your journey.

**The key is to spend a bit of time defining, designing and aligning a simple morning ritual that fits your rhythm, responsibilities and flow!**

I have created this guide to help you understand the key principles for creating your morning ritual and at the end of the guide is a very simple yet powerful worksheet to help you get started mapping out your own customized ritual.

Here's to mornings that fuel your world in your own way!

*Leah*



1. MAKE THE NON-NEGOTIABLE  
TIME COMMITMENT.

Creating a morning ritual is a big step in taking radical responsibility for your world. It's up to you to do whatever you need to do in order to create the non-negotiable time and the space to make it happen.

There are two key reasons why it's so important to make your morning ritual non-negotiable.

First, as counter-intuitive as this is for most of us, it means that **YOU** become the first priority in your day. In order to be fully present for your family, productive at work, and have energy to give to the world – you must first take care of **YOU**.

This might mean getting up earlier, changing your evening routine or getting better at delegating to family members (which ultimately empowers everyone!) Do what it takes to create space and carve out the time!

Secondly, making your morning ritual non-negotiable takes away the decision making dance which psychologists confirm is critical. [Decision fatigue](#) is the depletion of cognitive resources due to an overload of information and decision making that directly affects willpower, focus, concentration and problem solving abilities.

Have you ever tried to go grocery shopping at the end of a long day only to find yourself aimlessly wandering the aisles – doing what I like to call, “short circuiting” - unable to decide what to buy for dinner? That is decision fatigue!

The solution is simple (but not always easy) – simplify and automate every possible decision that you can, starting as soon as you wake up! This will have a tremendous impact on your capacity for presence and productivity throughout the day.



## 2. SET FIERCELY LOVING BOUNDARIES.

Often when we talk about boundaries we reference people and situations outside of ourselves infringing upon our boundaries; however, when we really look at it, most of the challenges that we encounter have very little to do with outside influences.


**Boundaries are one of the foundations for helping you to build trust in yourself, give others the opportunity to support you and empower them to do the same.**

There are three key components to setting boundaries.

1. Clearly define them
2. Communicate them
3. Consistently honour them

When you become aware of the three keys to successfully creating and sustaining your boundaries, it becomes very easy to identify what happened when a boundary has been crossed. This makes it a whole lot easier to take responsibility and to clear it up with grace.

When you decide to shift your morning routine, there is a very good chance that it will impact those you live with – even furry family members can get funky with change. **So, it's really important to share your desired changes with those in your world so you can work together to make it a great experience that works for everyone.** Open an invitation to everyone to join you in exploring and creating their own rituals and establishing the boundaries that go with them. **By doing so, you could very well end up with a much happier and healthier family who understands how to support you and meet their own needs.**



### 3. GO INSIDE BEFORE YOU REACH OUT.

You are the driving force behind your world!

In order to stay grounded, present, productive and focused on what is most important to YOU and YOUR LIFE, it's critical to start your day by tuning inwards before you invite everyone and everything into your sacred space.

There are too many studies to count that confirm what we already know: **we are saturated with interruptions and non-relevant information on a monumental scale each day.** This is a major contributor to the sheer amount of stress, anxiety and overwhelm that we struggle with.

One study by [Dr. Gloria Mark](#), associate professor at the University of California, found that on average information workers are interrupted every three minutes – that's nearly twenty times per hour. Another study states that for every substantial interruption, it takes an average of 23 minutes to get back into focus where you left off.

As for that information overload – another study points to the fact that we consume more than the equivalent of 174 newspapers full of information each day.

**No matter how you slice it – if you want to thrive, then you must reclaim the sacred space in your mind and decrease the external noise!**

Do NOT check your email or get on social media first thing in the morning. Take time to connect with what is most important to you before engaging with your family or anyone else! Devote this time to cultivating a deeper sense of presence that will sustain you through your day.



#### 4. GIVE YOUR MIND A PLACE TO REST & YOUR SOUL THE SILENCE TO BE HEARD.

That voice inside tends to start chattering as soon as you wake up, and it won't stop until you give your thoughts, stories and worries a place to rest.

It's important to find a way to clear and quieten your mind so you can tune into how you are really feeling and hear what your soul has to share with you!

There are several ways to do this and the key is to find what works for you.

**The art of morning journaling** is a well-documented practice that allows you to freely write down all that is swirling around in your head.

**Colouring** is fast becoming another popular tool to help you to set your worries aside and train your brain to focus.

**Meditation** is of course one of the oldest practices known to clear the mind.

As you move out of silence, give yourself something positive to focus on as you start your day – create your own mantra, write down what you are most grateful for, do some visualizations or crank up the music and sing your favourite song.



## 5. MOVE, NOURISH & BATHE YOUR BODY.

Moving your body and connecting with your breath first thing in the morning improves your mood, boosts your energy, releases stress and increases your focus. Whether you go for a walk, dance in your kitchen or hit your yoga mat - find a way to connect with that sacred vessel of yours!

What you put into your body does one of two things – it either fuels you or drains you, physically and emotionally. So, if you really want to increase your energy, productivity and focus, then pay attention to how you are nourishing yourself. Simple changes like decreasing your sugar intake or coffee and increasing your water consumption and greens will make a substantial difference!

Bathing and showering is not only a luxury that we often take for granted and a time of solitude but is also an incredible time to tap into your creative flow.

In many cultures, bathing is a sacred ritual.

With a simple shift in your attention, your morning shower can become a time of creativity, gratitude, deep self-care and meaning.

And a chance for that great idea to land as illustrated in one study by Scott Barry Kaufman that showed that 72% of people get creative ideas in the shower.



## MY MORNING RITUAL

I struggled with my own personal morning ritual for years until I finally made the commitment to one that truly supports me. Since then, I have become more grounded, focused and productive. The key is that I started with **one change at a time!** Here's a snapshot of my morning routine and some links to resources that you may want to check out.

- ❖ *Wake up*
- ❖ Throw a spoonful of coconut oil in my mouth ([Read: 7 Benefits of Oil Pulling](#))
- ❖ Journal or Colour for 10 minutes ([Free download: Outside Your Lines w/ Marlene Lowden](#))
- ❖ Drink hot water + lemon in my [Libre Glass](#) ([Read: 16 Benefits of Lemon H2O](#))
- ❖ Make Matcha Tea. (Switching from coffee to Matcha dramatically improved my skin, my energy and my moods!) ([Read: 10 benefits of Matcha Tea](#))
- ❖ Hit my yoga mat for 10 minutes ([Free Yoga Videos: Bliss Breaks w/ Georgia Cyr](#))
- ❖ 45 minutes of quality time with my son before he leaves for school
- ❖ Head to the beach with my pup for a 20 – 40 minute run
- ❖ Work out for 20 – 40 minutes (Pilates, treadmill and weight training)
- ❖ Shower + drink my [Vega Shake](#) (I eat brunch a bit later in the day)
- ❖ *Start work*

I am committed *and* flexible. On lighter work weeks, I fit most of it in, but when life is full, I alternate what I do based on how I feel. I celebrate the days I get it all in and also the ones where all I can do is show up for 10 minutes on my mat. **What matters most is that I – and you – just keep showing up as best that we can.**



# YOUR MORNING ROAD MAP

Now it's your turn! The questions in this worksheet are designed to help you define, design and align a new personal morning ritual that supports you to thrive! Print this worksheet and hand write your answers in the boxes below.

1. How do you generally feel in the morning?

2. What does your current morning routine look like?

3. How do you want to feel when you wake up?

4. Make a list of the things you already know you want to do differently in your morning ritual. Be specific. (e.g.: Wake up 30 minutes earlier, drink 1 glass of hot water, do yoga for 15 minutes).

5. Look at your list in #4 above and highlight the changes you are ready to commit to making this coming week. Now write down your new morning ritual – be as specific as possible.

TIME	ACTIVITY

6. Now that you have a clear picture of your new morning ritual, write down what you need to change before you go to bed to ensure that you set yourself up for success in your morning? (e.g.: go to bed at x time)

7. Now write down anything that may hold you back from making these changes. Where is your resistance? This might include lack of trust that you will make the changes, concerns you have about shaking up the routine in the family or anything else that comes up.

8. What do you need to do or receive to help you make these changes? Conversation with family? New alarm clock? Accountability partner?

Now with the information above, decide and commit to how you are going to move forward. Decide if you are going to make one small change a week towards your new morning ritual (recommended) or if you are going to make one big shift, knowing that you will need additional support to see it through.



## TAKE INSPIRED IMPERFECT ACTION

We all create fabulous stories about why NOT to do something. But here's the thing: if you want different results, then your only option is to do something different. Change is uncomfortable and it's natural to feel resistance. At the core of this friction you may feel, is the spark that will fuel your fire to make it happen. So, take inspired imperfect action and commit to creating a morning ritual that works for you. It is by far one of the most simple and powerful ways to cultivate more presence, productivity and focus on what matters most in your world!

If you have questions or feedback, please don't hesitate [to email me directly](#) and connect with me here on [Facebook](#) or [Instagram](#).

To your wild success – on your terms!

*Leah*