

simple sacred *mornings*



Four Exercises to help you customize and create a morning routine that will fill you up so you can step out into the world feeling calm and focused for the day ahead.

For the full 5-Day challenge, visit
<https://carlyclarkzimmer.com/mornings>

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Exercise One: Follow Your Why

Answer the questions to discover motivation for your own Simple Sacred Morning.

1. What frustrates you most about feeling rushed in the morning?
2. How do these mornings make you feel?
3. What is the cost of not carving out time for yourself in the morning 5, 10 or 20 years down the road?
4. Why is it important for you to have this time and space for yourself in the morning? Follow your WHY until you get to the real motivation.
5. How will you feel when you start to experience your own Simple Sacred Morning? What is the feeling you are after?

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Exercise Two: The Power Down Checklist

Answer the questions below to figure out what time you need to start powering down.

1. What time do you need to leave the house in the morning? _____
2. How much time would you love to have before you leave the house? _____
3. How many hours of sleep do you need? _____
4. What time do you need to get in bed to get a full night's sleep?? _____

Based on your answers, follow this equation to figure out what time you need to start the power-down checklist. Ideally, you should start the checklist 1 hour before you would like to be in bed.

Subtract the time you leave the house ____ - however much time you want for your simple sacred morning ____ - # of hours you prefer to sleep ____ - 30 minutes to an hour before = the time you would ideally start the power-down checklist _____

Remember, don't let perfect be the enemy of good. This is just to give you a general guideline to shoot for.

- | | |
|--|--|
| <input type="checkbox"/> Turn phone to greyscale. | <input type="checkbox"/> Stop doing dishes/laundry. |
| <input type="checkbox"/> Stop checking email/text. | <input type="checkbox"/> Stop using screens at least one hour before bed to limit blue light exposure. |
| <input type="checkbox"/> Switch phone to airplane mode. | <input type="checkbox"/> Turn off all blinking lights in bedroom. |
| <input type="checkbox"/> Turn off electronics/TV. | <input type="checkbox"/> Settle into bed and reflect upon the day, think of 3 things you are grateful for. |
| <input type="checkbox"/> Turn off WiFi. | <input type="checkbox"/> Take a few deep breaths before drifting off to sleep. |
| <input type="checkbox"/> Set Alarm and intention to get up the first time it goes off. | |
| <input type="checkbox"/> Fill diffuser with your favorite essential oil | |

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Exercise Three: Create Your Sacred Space

This exercise is all about training your body to relax by creating a sacred space to connect with yourself each morning.

Pick a space in your home where you can spend a few, uninterrupted moments connecting with your breath, your body and your intentions for the day.

Return to the same space repeatedly over the next few days/weeks to train your body to understand that this is the time and place for peace and self-connection.

Over time, you will be able to do this practice anywhere, but when building a new habit/routine it's best to keep as many variables as possible the same.

Pick a room, your favorite chair bathed in sunlight, your kitchen table, or wherever you will be comfortable. If you need some more help, follow the questions below.

1. What makes this space sacred to you?

2. What do you love about your sacred space?

3. How does this space make you feel?

4. What intentions do you want to bring into the day ahead?

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Exercise Four: Engage Your Senses

Engaging your sense will help integrate the feelings you are seeking when creating your own simple sacred morning.

Think of something *special* that will make you excited to get up and fully experience your morning. Let it be luxurious, indulgent and FUN! This will help you experience that you are worth this time and commitment to yourself!

Here are a few examples:

- Drink the special tea you have been saving for a special time.
- Burn candle you love but never light.
- Use your favorite essential oil.
- Apply luxurious face cream or body product without being stingy.
- Use the fine china you normally save for special occasions.
- Enjoy a cup of warm, delicious bone broth.
- Wear your fanciest robe or pajamas.
- Spend a few moments outside, walking barefoot or simply breathing in the air.
- Put on your favorite music.
- Watch the sunrise.
- Put on your favorite outfit - feel the fabric, look in the mirror. Give yourself a smile and tell yourself how good you feel and look.
- My personal favorite: Sip Bullet Proof Coffee. This makes me jump out of bed me up every single morning!