



GOOD MORNING!



Shaniqua Cousins Newsletter



Morning Routine

Habits To Consider Incorporating

- Take a brisk walk
- Meditate
- Call a loved one
- Listen to an inspiring podcast
- Color/paint
- Journal/write
- Set your intention for the day with an affirmation card
- Create a ritual of gratitude
- Stretch/do yoga
- Go for a run
- Listen to mood music
- Down a glass of water with lemon
- Make a cup of your favorite coffee or tea
- Eat a healthy breakfast
- Diffuse an energizing essential oil
- Make your bed
- Sit outside
- Do a crossword puzzle
- Read a book
- Tidy your living space
- Snuggle your partner, kids, or pet
- Write out your to-do list for the day
- Dance and move freely
- Start a skincare regimen
- Take vitamins/supplements
- Pray
- Workout at home or head to the gym
- Talk to your inner child
- Set the timer and spend 30 minutes on a passion project
- Take 3 minutes to do deep cleansing breaths

mindfulness

