



# **Slay Your Day This Way**

**Morning Routine Basics**

**You don't have to be great to start,  
but you do have to  
start to be great!**

# Slay your day this way

## **Importance of having a morning routine.**

The morning is when we set the tone for the rest of our day. It is important to work to develop a really strong morning routine that sets you on the right path. You'll be more likely to make healthy choices throughout the day if you start the day with a workout, meditation, or self-care other positive behavior.

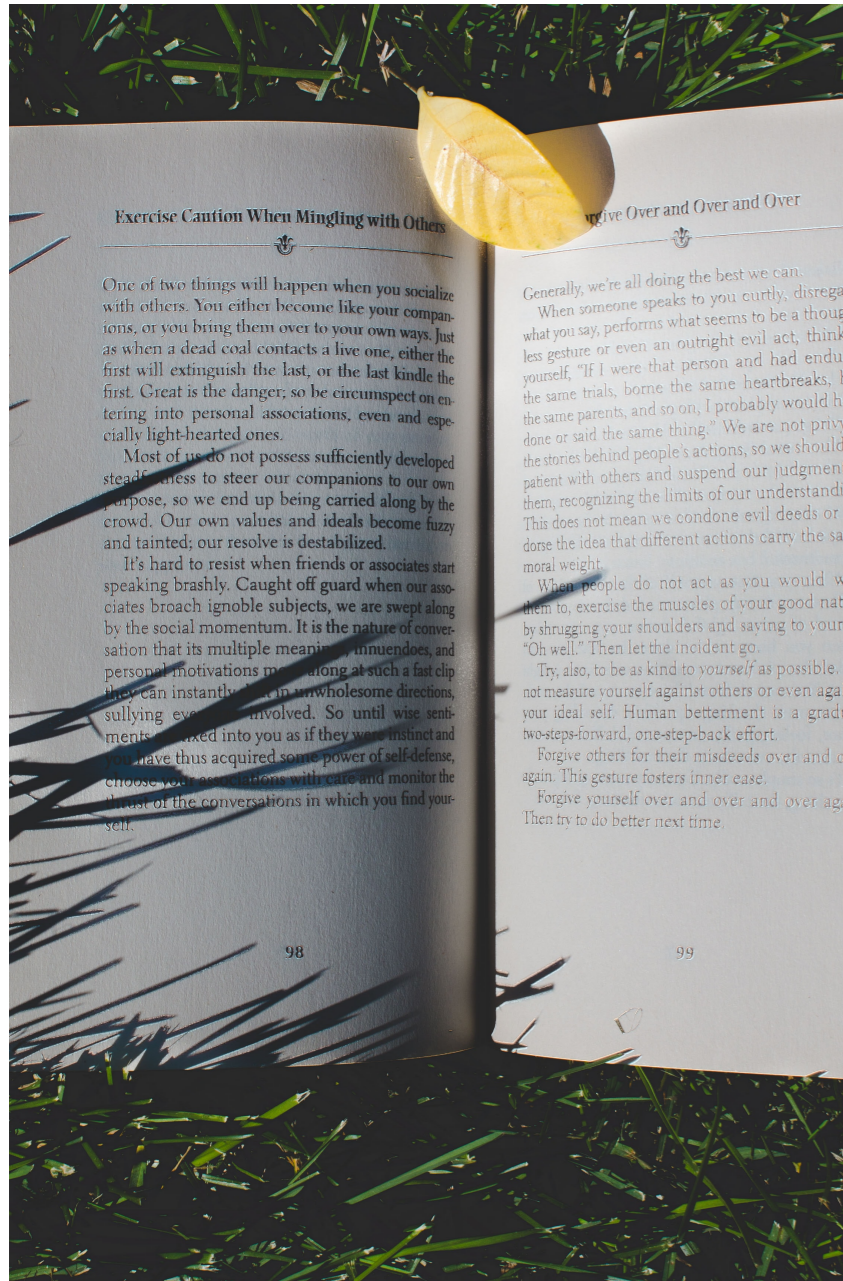
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## Physical Activity

Moving your body for at least 30 minutes a day is a great way to relieve stress, anxiety, and depression, which affect so many of us on a regular basis. Exercise also lowers our risks for diseases, making our body move boosts our energy and improves our overall fitness. Plus, more energy and a leaner, healthier body can boost our self-confidence.



# Read. Mediate. Journal. Repeat Affirmations.



Read 10 pages of personal development



Meditate - sit in silence for 10 minutes a day



Repeat positive affirmations  
Journal what you are grateful for