



Morning Rituals

Start your day from a place of calm

Life-changing habits to set you up for a purpose-driven day, the cornerstone for conscious living.

Morning Rituals

Conscious living begins each morning.

What is a morning ritual? How do you make a morning ritual?

Why are morning rituals important?

The foundation of a morning ritual that will start your day from a place of calm and clarity is a good night's sleep. Make sure to turn in early enough to get enough sleep, the CDC recommends seven or more hours per night for adults between eighteen and sixty years old. So get some good sleep and start your morning off well-rested.

Now that you have got your sleep hygiene in check let me help you establish a morning ritual that works for you.

Why do you call it a morning ritual instead of a morning routine?

A routine is a sequence of actions regularly followed. A ritual is an attitude behind the actions that you are taking. Making your bed, having breakfast, and brushing your teeth are routines. Rituals can be undertaken as meaningful practices which provide you with a rich sense of purpose.

Pivoting from a place of routine to ritual allows you to start your day with a sense of purpose.

Eight Rituals To Start Your Day

#1

Glass of water - sleeping is hard work - reward your body, it will thank you

#2

Meditation - I get out of bed to do this, but if your confident you will not fall back asleep your bed could be your perfect spot.

#3

Light stretching, waking up your entire body

#4

Reading - with purpose or for personal development. Start small with five minutes and grow this as you are able. Even if it is only five minutes, it feels great to have something accomplished so early in the day

#5

Breakfast, does not have to be gourmet but it should be nutritious and provide a solid foundation to start your day.



#6

Coffee - grinding the beans, warming the milk, savoring a delicious cup of coffee

#7

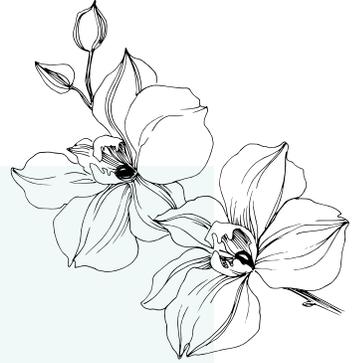
Journaling - starting with the day with gratitude, it can also serve to start your day a little happier. Often what you are grateful for is intrinsically linked to what makes you happy.

#8

Intention, setting a tone for your day. Try not to make it about work tasks every day and integrate intentions to live by.

Take Note

Make time to write. A Place to pour your thoughts onto paper.



A large, empty rectangular area with a light teal background, intended for writing notes.

Discover More

Are you ready to stop feeling exhausted, stressed and overwhelmed, and cultivate a more calm and balanced life?



[Click here to book a discovery call](#)

Hello there, I'm Allyson Kukel.

I work with people that know with certainty they want to change something (even if they don't know what it is yet) and with driven people that find it difficult to establish boundaries, say no, struggle with confidence, feel lost, or want accountability. I do this in two ways either as a guide or coach. As a guide, I help you navigate uncertainty and uncharted territory toward a fulfilling, balanced and happy life. As a coach I help hold you accountable towards the goals we set, ensuring you achieve what is most important to you.

