

Simple 2 Minute Morning & Evening Routine



MORNING

How do you begin each day? Do you jump out of bed after the alarm clock rings, scan your phone, mentally run through the day's to-do list and rush to your coffee? Notice how you feel when you start the morning this way—notice your energy. Constantly running to the next thing means that you are missing the present moment and living disconnected from yourself. You're functioning on autopilot. Here is now to change that with just one simple and quick step—your two-minute morning routine.

Before picking up your phone and hurrying out of bed, place your hand on your heart. Slowly, take 3 deep breaths in and out through your nose and feel your chest or belly rise and fall. Inhale until you are totally full. Notice the fullness. Exhale until you are completely empty. Notice the emptiness. Be aware of each breath.

With the next three breaths—name 3 things you are thankful for. Inhale and count the breath; exhale naming what you are grateful for. Take your time. Repeat for 3 breaths, naming 3 things. Notice how this slows you down internally.

Now set an intention for your day: "May I be _____ today." Patient, loving, understanding, kind, open, relaxed ... you choose based on what you need and how you desire to be.

Now get out of bed and slowly move to starting your day. Come back to your breath and intention throughout the day as often as you can—pausing to slow down, experience the present moment and reconnect to yourself.

Summary

1. Take 3 slow, deep breaths in and out through your nose while placing your hand on your heart.
2. Take 3 more slow, deep breaths—counting the breath on the inhale; naming one thing you are grateful for on the exhale until you have named 3 things and taken 3 breaths.
3. Set an intention for the day: "May I be _____ today."



EVENING

How you wind down after your day is just as important as how you begin in the morning. Slowing down to signal to your body that it is almost bedtime sets you up for a good night's sleep. Scrolling through social media or watching TV aren't ideal. The body and the mind need time to down shift from fight and flight mode into rest and digest mode—this is where your body recharges and restores so that you wake up rested rather than exhausted.

This simple two-minute evening routine simply reverses the morning one, so it's easy to remember. Get into bed and put away all electronics. This should be the last thing you do before drifting off to sleep—lights off and eyes closed.

Start with remembering the intention you set in the morning. What was it? How did you do? Did you come back to it a few times during the day? The idea here isn't to beat yourself up but rather to notice where you might have an opportunity for growth tomorrow. You get a fresh start each day! If you did great—congratulate yourself on staying aligned with your intention.

Now place your hand on your heart and take three deep breaths. Inhale fully and count the breath. Exhale completely and name the same thing you were grateful for in the morning. Repeat for three slow and deep breaths until you have repeated the 3 things you give thanks for.

Now take three more breaths—inhaling and noticing the fullness, exhaling and noticing the emptiness. Pause at the end to observe how everything around you, and most of all within you, slowed down.

These simple two-minute routines bring you back to living with purpose and connected to your heart. You get to slow down, tune in and make a powerful choice about what kind of human-being you choose to be each day. You get to decide for yourself! That is something so important and empowering, but we often overlook it and take it for granted. It can be a very impactful and life-changing practice. I hope you find it helpful. Try it daily for a week and notice the shift! Start living soul-led! Let me know how its going.

Summary

1. Come back to morning intention—how did you do? Where is an opportunity for improvement the next day?
2. Take 3 deep breaths and name the same 3 things you were grateful for in the morning.
3. Take 3 deep, slow breaths in and out noticing the fullness and emptiness of your lungs.

