

GROWTH HAPPENS HERE

magic mornings

A failproof way to create your
dream life, one morning at a
time

tend to self



WHAT YOU'LL FIND inside

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the truth about morning routines

The most successful people in the world have morning routines. I'll share what they get right... and what they get wrong.

the life-changing magic of a morning menu

Set yourself up to create your dream life with my magic morning menu formula, tailored to what makes you feel your best -- so you can step forward into growth.

03

build your morning menu

A step-by-step worksheet to build a morning routine that honors your rhythms, needs, and/or season of life so you can achieve your goals (and your dreams). Never skip a morning again.

02



hi, i'm alison!

Mornings set the tone for your day... and, I would argue, your dream life. Having a morning routine full of habits and rituals that make you feel calm, strong, clear, and focused ensures you have the right mindset to create your dream life and achieve your goals. By the end of this guide you're going to have a *failproof* morning routine in place that honors and responds to your rhythms, needs, and season of life on a daily basis -- no matter how much energy or time you have.

I'm so glad you're here! I'm Alison, a Mindfulness and Mindset Coach for high-achievers, connecting where you are with where you want to grow. I'll take you from thinking about all the changes you'd like to make (and all the dreams you want to chase) to actually **doing it**.



I looove mornings (and morning routines!) and credit a morning routine with being the foundation upon which I'm building my dream life. Every day it gives me the chance to step forward into growth, and I know it will do the same for you.

Grab your favorite drink (mine's a matcha latte!), get cozy, and I'll walk you through this life-changing method step-by-step. Ready, set, grow!

alison

THE TRUTH ABOUT morning routines

When I first heard about the concept of a morning routine, I was *obsessed*. If you're not familiar, a morning routine is a set of habits or rituals that you go through when you wake up. For example, meditation, movement, journaling, etc. - activities that help you feel good and show up ready to go after your goals and chase after your dreams.

The most successful people in the world are often credited with having a morning routine.

As a high-achiever, I love reading about the morning routines of CEO's, entrepreneurs, and celebrities, like Oprah. My YouTube watch history is full of influencers' perfectly-curated morning routines. In one video I recently watched, a woman shared the "5am morning routine that transformed [her] life." It was 2 hours long and included:

- Drinking a glass of lemon water
- Making a matcha latte
- Journaling for 30 minutes
- A 50-minute pilates workout
- A 15-minute walk
- Making breakfast
- Reading



Don't get me wrong, I'd love to dedicate two hours to my morning routine each day too, but it's just not realistic!

Common wisdom says you have to adhere to a strict morning routine to be successful and reach your goals. And popular belief says your morning routine should be a mile (or hours) long. I don't know about you, but I don't know many people who can dedicate hours to a morning routine every day.

I used to be very regimented with my morning routine. Upon waking, my inner drill sergeant would be ready with a list of things I "had" to do to optimize my day:

- Morning pages
- A gratitude list
- 30 minutes of yoga
- 20 minutes of meditation
- An hourlong morning walk

If I completed everything on my list, I would feel amazing (achievement level: unlocked). On the flip side, I felt like a failure if I didn't have enough time to get through my entire morning routine. I was convinced that I would somehow be less successful or unable to achieve my goals because I couldn't "do it all."

If you're unable to live up to your ideal morning routine you can end up feeling discouraged and demotivated. And once you get to that place, it's easy to abandon the idea of doing something - anything - for your mind,

A rigid morning routine (doesn't) set you up for success.

body, and spirit.

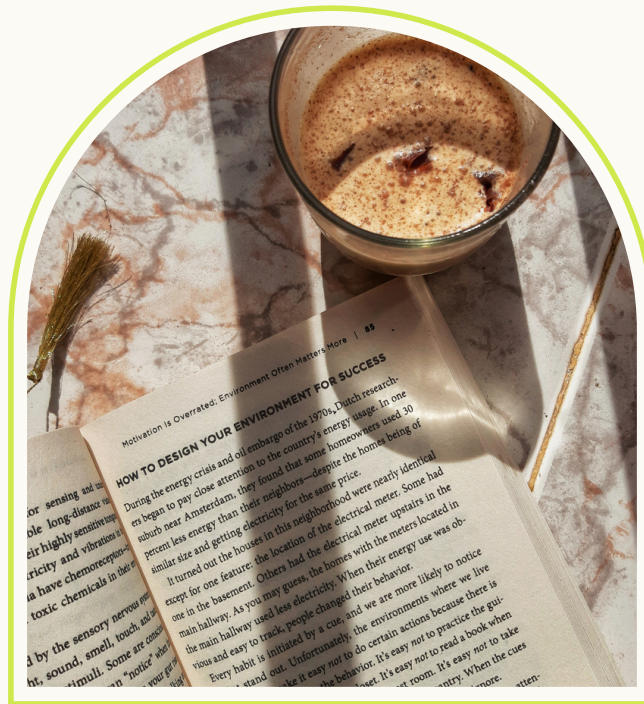
A rigid and strict morning routine **doesn't** set you up for success. Morning routines aren't one-size-fits-all; they should be fluid and adapt to your rhythms, needs, and season of life.

The most obvious example is the amount of time you have in the morning. Some days you may only have 1 minute; other days you could have a (glorious) hour to yourself. Or think about the change in seasons. During the darker winter hours, it's hard to get out of bed when it's pitch black outside versus a bright and sunny early morning in the summer.

No matter how much energy or time you have, you *can* tend to yourself every morning in a way that honors your rhythms, needs, and seasons of life.

Your dream life is going to require mindset shifts and action. One of the most important steps is showing up as your best, most capable self each day. Having a failproof morning routine in place that you can do every single day is going to help get you there.

THE LIFE-CHANGING MAGIC OF A **morning menu**



"Habits are the compound interest of self-improvement."

James Clear

The Perfectionist part of me used to have an "all or nothing" mindset when it came to my morning routine. But then I realized I felt good even when I could only do one activity, or part, of my morning routine. Not only is this much more sustainable, but small habits done consistently = magic.

I no longer subscribe to a *strict* morning routine. Instead, I found the life-changing magic of a morning routine powered by a **morning menu**.

A morning menu allows you to set yourself up for success depending on how much energy or time you have based on your season of life, rhythms, or needs.

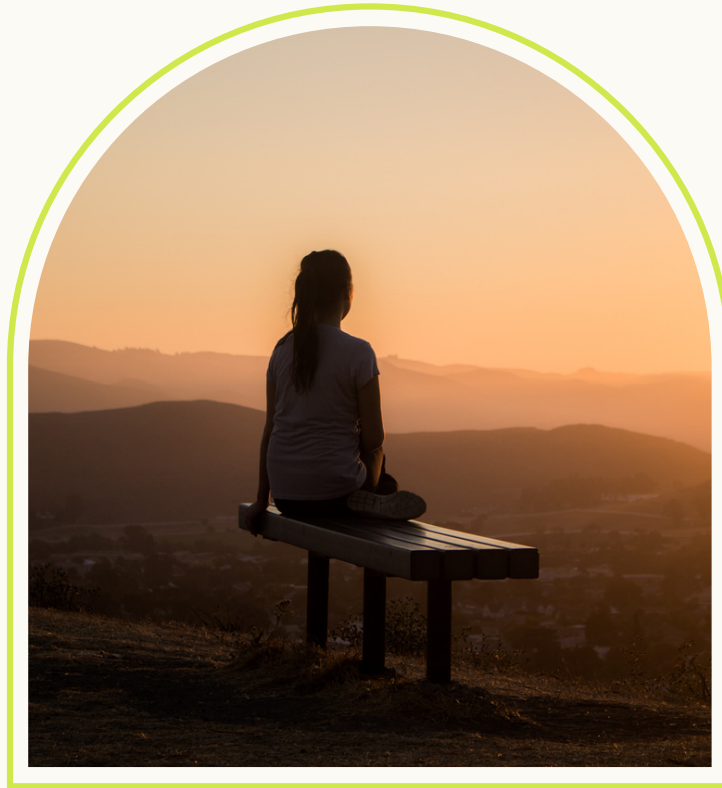
When you have an opportunity to engage in activities, habits, and rituals that are important to you and make you feel your best, you invite focus, clarity, and calm into your day. You feel strong, powerful, and like you can do *anything* -- because you **can**!

There's no ideal or perfect morning menu. Are there optimal things you can do? Sure, but there are no hard and fast rules. Your morning menu is tailored to what makes you feel good.

*Small habits
done consistently
= magic*

THE MORNING MENU FORMULA

r.i.s.e.



“You’ll never change your life until you change something you do daily. The secret of your success is found in your daily routine.”

John C. Maxwell

To begin tending to yourself each morning in a sustainable way, you can use my R.I.S.E. formula:

Rest

Intention

Self-Compassion

Energy

Let's break this down:

Rest. Your morning begins the night before with a good night's sleep. Matthew Walker, a neuroscience professor at UC Berkley and author of Why We Sleep recommends seven to nine hours of sleep for the average adult. Understandably there are times when that's not possible (hi, new parents!). However, making an effort to get a good night's rest is essential for optimal brain function, emotional regulation, and learning. We can't show up ready to go after our goals if we're sleep-deprived.

Matthew Walker has an a-m-a-z-i-n-g Masterclass on sleep if you're interested!

Intention. Intentions are a powerful support system that help guide your personal life choices. Getting clear on the WHY behind your habits and rituals provides personal accountability. For example, it might be important for you to go on a morning walk because that's when you get your best ideas. Or maybe you want cultivate more self-awareness through answering reflective journal prompts.

What is your intention for your mornings?



Self-Compassion. Even with the best intentions there will be days (or even weeks!) that go by when you won't engage in your morning activity, habit, or ritual. We're humans, not robots, after all! Or, you may identify a day where your morning is wide open and you plan to do multiple things on your menu. But then, life happens and you can't. Extend yourself compassion. Understand there will be times when you can show up fully for yourself, and other times when you can't -- or simply don't want to. Tending to yourself isn't linear; there will be ebbs and flows.

Energy. What do you have energy (and time) for? So often we're taught to manage our time, but managing our energy is equally (if not more) important. As you curate your own morning menu, you'll break up activities, habits, and rituals into three categories:

- Low energy/time (i.e. 1 minute of box breathing)
- Medium energy/time (i.e. 10-minute Headspace meditation)
- High energy/time (i.e. 30-minutes of movement)

A PEEK AT MY *NEW*

morning routine

If you, like me, love to hear about how people tend to themselves, here's a peek at my morning menu. Most mornings, depending on the energy and time I have, I choose one (or more!) of the following:

Low energy/time (1-minute):

- Take 5 deep breaths while placing one hand on my heart and one hand on my belly
- Set an intention for the day

Medium energy/time (15 minutes):

- 10-minute Headspace meditation (I love the daily meditation)
- 15-minutes of journaling/automatic writing (If you need journaling prompts check out my ebook, [Journaling for beginners: How to journal for self-discovery](#))
- 15-minute visualization exercise or mental rehearsal
- Listen to a podcast

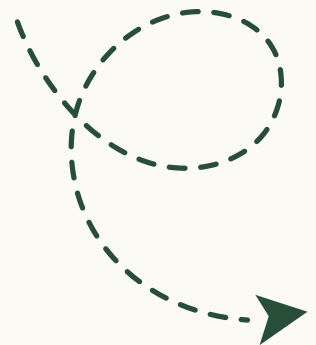
High energy/time (30+ minutes):

- 20-minutes of coherent breathwork
- 30-45 minute yoga practice
- 45 minutes of reading

So much more flexible and sustainable than a rigid routine, right? Now that you have the formula (and some examples) you have everything you need to build your new and improved morning routine!

NOW IT'S
your turn!

Time to create some morning magic!



STEP ONE

reflect & get clear

Before you construct your morning routine, take a few minutes to answer the following clarifying questions:

1. What is your intention for tending to yourself in the morning?

2. What activities, habits, and rituals make you feel most alive, healthy, creative, calm, and/or clear-headed? List them here. These will be the activities that make up your new morning routine.

If you need help, I've included a list of 20 ideas on page 18!

3. Take a look at your daily schedule. How much time can you realistically allot for your low, medium, and high-energy categories? For example, one person might be able to allocate 60 minutes to their high-energy/time activity, while another person can allocate 30 minutes.

High energy:

Medium energy:

Low energy:

MORNING ROUTINE

ideas

- Go for a walk and observe the world around you
- Stretch in bed (**THIS** is one of my favorite practices!)
- Sip your favorite morning beverage quietly and mindfully
- Listen to a podcast (I've listed my favorites **HERE**)
- Set a timer for 10 minutes and answer the following question:
What feels alive for me in this moment?
- Read a chapter of that book you've been wanting to read
- Mentally rehearse your day
- Visualize the perfect day
- Practice up to 10 minutes of **box breathing**
- Meditate with my pal Andy Puddicombe on Headspace (here's a **free 30-days!**)
- Watercolor, paint, or color an adult coloring book
- Do a brain teaser or puzzle
- Listen to a playlist of your favorite songs
- Prepare and eat a nourishing breakfast
- Connect with a loved one and send them a good morning text (a voice note is even better!)
- Listen to an inspirational TED talk
- Learn something new on **Masterclass**
- Send positive thoughts to others by practicing a **loving-kindness meditation**
- Step outside and get some sunlight
- Review your goals and write down one action you can take today to get closer to one of them

STEP TWO

meet your new morning routine

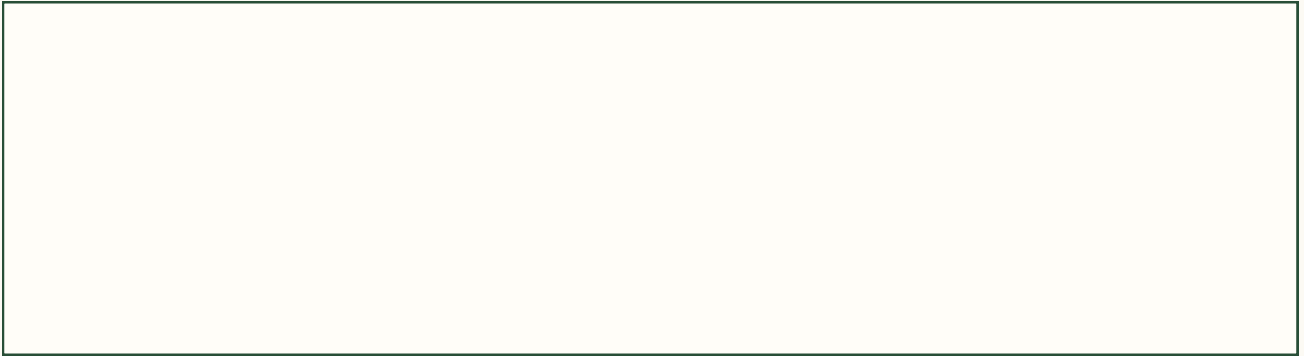
Now that you have your WHY, the activities/habits that make you feel your best, and a clear understanding of how much time you can allot for your new morning routine, it's time to put your magic morning menu together!

Take a look at the activities, habits, and rituals that you listed in question #2. Categorize these into low, medium, and high-energy activities on the next page.

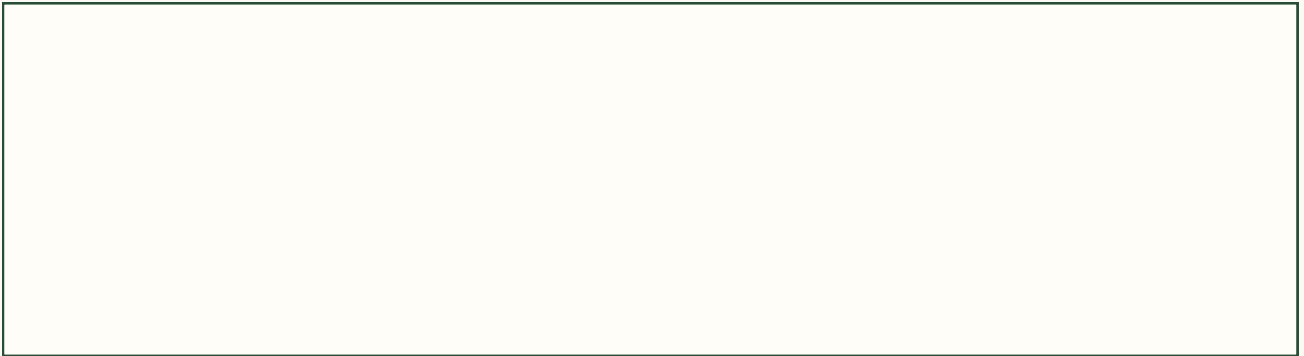
Alternatively, if there is one activity you definitely want to do every morning, you can decide to break it down into low, medium, and high time commitments. For example, if you want to meditate each morning, you might break it down into 5- (low), 15- (medium), and 30- (high) minute sessions. Another example: A 5-minute yoga practice could look like stretching in bed for 5 minutes versus a 60-minute vinyasa practice.

my magic morning menu

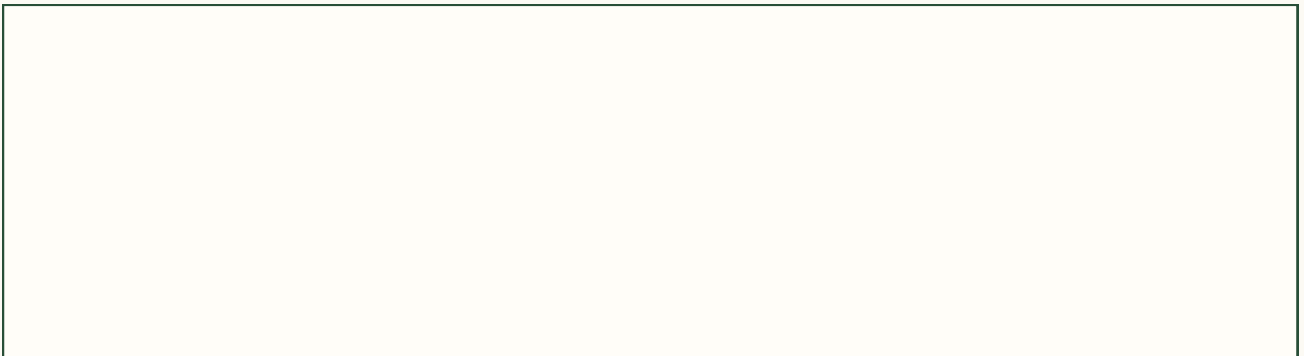
Low energy/time:



Medium energy/time:



High energy/time:



ADDITIONAL helpful resources



free resources

The best guides, courses, podcasts, books, and teachers that have had a profound impact on how I *tend* to myself every day.



subscribe to my newsletter, Seeds of Change

A weekly newsletter with one small practice you can do to orient yourself in the direction of your dreams.



how to journal for self-discovery

Radical self-inquiry is an essential part of connecting where you are with where you want to grow. Grab this free ebook full of journaling tips and prompts for beginners.



ABOUT **tend to self**

Tend to Self is a down-to-earth guide to help high-achievers connect where they are with where they want to grow.

I provide high-quality education for self-learners and high-touch coaching for accelerated upleveling.

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