Vibrant Life Coaching

with Mindset, Nutrition and Lifestyle Coach Sherri Vieira

How to create your perfect Mourning Routine

choose how to wake up

traditional alarm clock or phone alarm, alarms with vibration, light, or soft music, no alarm

whats most important to you

choose things that are most important to you to include into your morning routine. Some ideas include movement, meditation, journaling, reading, time with people you love, affirmations, healthy breakfast, cleaning, preparing food, shower, skin care, phone free time,

add some fun

add at least one thing that you will look forward to. Some examples include your favorite drink, music, reading, playing with your kids, something to pamper yourself with , dancing, calling a friend

how much specific and shared time do you have

we need specific time for things like meditation and we can utilise shared time for things like listing to a podcast while we tidy up, or say affirmation while we do our makeup. How many tasks do you have specific time for and where can you add in some of your morning routine tasks to things you are already doing.

3 variation requirements

choose 3 variation to your morning routine to meet all the variations to your morning. For example days when you have lots of time, or days when you are running late, or days when you are feeling unwell, etc

My Morning Routine

For days when _____

My Morning Routine

For days when _____

My Morning Routine

For days when _____

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Follow along & Share

follow me on instagram to see my morning routine and share yours with me, tag @myvibrantlifestyle

myvibrantfilestyle

1:1 Coaching

Work with me directly to lose weight, gain energy, increase your self love and create your most Vibrant Life.
Reach out to me directly to hear my current offers at info@myvibrantlifestyle.com
or check out my website for more info at www.myvibrantlifestyle.com

Free Resources

Join our community of like minded women where I share tips and tools and answer your questions all about living your most Vibrant Life
Join here https://www.facebook.com/groups/vibrantlifeweightloss

More Support

follow on social media

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