



# MORNING ROUTINE POSITIVITY BOOSTERS

1

## MAKE YOUR BED

The simple act of making your bed as soon as you wake can be a small win and boost serotonin.

2

## HYDRATE

Your brain is made up of 75% water so water is a critical factor for your body to function & for your brain to think clearly and feel happy.

3

## GET MOVING

Just 10 minutes of yoga, brisk walking or rebounding can change your brain chemistry for the better. 20 minutes is even better.

4

## MEDITATE FOR 5+ MINUTES

Sit upright with your back against a chair, pay attention to your breath. Let thoughts come and go without judgement. The point is not to clear the mind. The point is to observe with self-compassion and without judgement.

5

## WRITE FOR 5-10 MINUTES

Today would be great if... Today I'll let \_\_\_ go.  
I'm looking forward to... I'll leave this positive mark...  
This unresolved item... I'll do\_\_\_to feel happier today.

6

## SAVOR SOMETHING BEAUTIFUL

Stop to over-appreciate something you don't normally, but that you see everyday. From a nearby mountain to an orange slice to a blade of grass.

7

## GET INSPIRED

Practice personal rituals of transcendence. Express gratitude to a higher power. Listen to words of role models. Watch a TED talk. Be open to the good.

8

## NOURISH YOUR BRAIN

The happiest people keep their brains fed well. Though your brain only consists of about 2% of your body's weight, it requires up to 20% of our nutrients!

