

How to wake up pro active and not re active

Morning routine:

Get up early and focus on the day ahead by having 10 - 15 minutes of quiet contemplation and heart coherence.

Run through a quick list of things to be grateful for, similar to the night before - it does not matter how small a thing you are grateful for, it all counts and adds up - you will be greatly amazed at how this can transform your day ahead

Have your clothes ready the night before

Less decisions in the morning lead to greater productivity and fulfillment through the day

Any negative thoughts, allow to pass through and don't hold onto them, but rather focus on your moment of joy linked to each thing you are grateful for – this is massively powerful and I cannot emphasize it enough!

Evening routine:

It is vitally important to get a good nights sleep - more than we realise!

The chemical which is released by the pituitary gland is called melatonin. The pituitary gland is behind the eyes and linked to the circadian rhythm of the day night cycle of the earth. When night falls, the pituitary gland senses the darkness and starts the process of melatonin generation. Melatonin then makes us drowsy so that we want to go to sleep. When we sleep, our body is able to perform the vital function of cell repair (which does not happen during the day time) - hence a full nights sleep is necessary to keep the body performing at its peak during the wakeful hours. Melatonin is also massively more powerful than vitamin C as an immune booster. It has recently been found that the EMF (electromagnetic frequency) from devices like mobile phones also interferes with the generation of melatonin as does obviously artificial lighting, hence it is important to rather be aware and try and limit this kind of technology rather than overuse it.

Being grateful when going to sleep in the evening for everything which is going well in your life (same as morning routine of 10 – 15 minutes, even having a bed to sleep in, is something to be grateful for, this state of mind is what you wake up with in the morning and also helps you have a more peaceful nights sleep and completes the day cycle.

Therefore, it is quite simple, if you want positive change, then try this technique and transform your life 😊