

LIVING WITH INTENTION SERIES

CREATE A MEANINGFUL MORNING ROUTINE

BY DANETTE LAYNE



OWNING YOUR DAY

If you get distracted and run out of energy during the day and feel like you're not making progress, you may need to fine tune your focus for the day.

When your head hits the pillow at night and you feel frustrated in how the day unfolded or disappointed in how you handled interactions, it may be time to level up your morning routine.

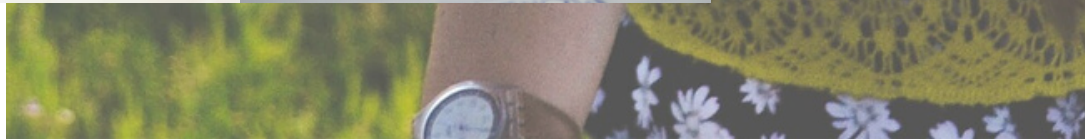
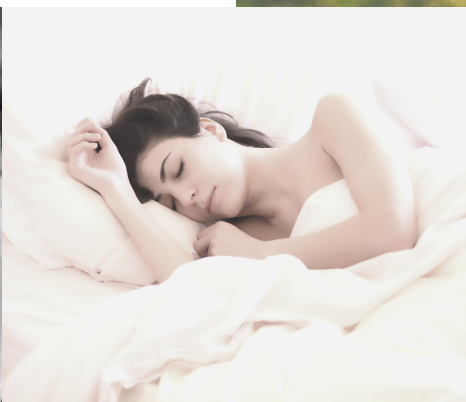
Beyond the typical shower, coffee-brewing, and scouring for breakfast, a Meaningful Morning Routine can help you move from tired to inspired.



HOW TO APPROACH A MEANINGFUL MORNING ROUTINE

To leverage your morning time and install a positive and productive tone for your day, you'll want to set yourself up for success:

- Get up a bit earlier.
- Go to bed on time (to get the best sleep your body needs).
- Create consistency in bedtime, wake time, and in the Morning Routine activities.
- Outline your activities with time frames so there's no second guessing what you'll be doing.
- Start with where you are and what you have. Look for low-hanging fruit or easy wins to build momentum.



DESIGN A MEANINGFUL MORNING ROUTINE

The goal is to choose activities that provide information and inspiration, support a healthy body, help you to get centered and grounded, and to prepare for the day.

FOCUS ACTIVITIES



1 Learn Something

This is the input part of the routine, where you're selectively learning information to give you wisdom, knowledge, or inspiration.

What you select should support any personal or professional development plan you have created to support goals.

This might include wisdom literature, self-improvement books, or potentially some type of skills training.

You could learn by reading, listening to books on tape or podcasts, watching YouTube videos, or DVD's.

Just be selective or you'll add to information overload. Ask yourself: "what can I apply."



2 Move Your Body

This is the physical portion of your morning designed to wake your body up and get things moving.

If you workout at the gym later, this could be a 10 to 20 minute session of yoga, stretching, treadmill walking, or dancing in the kitchen (while the family sleeps in their bed).

If this is the only time you'll get a workout in, expand the time to do your full workouts.



I love to read my cards of insight (flashcards I created from learning) or my strategy flip book (standards I'm adopting to raise my consciousness and personal standards) while walking on the treadmill for 10 minutes after a short stretching session and before a strength training session.

This is an example of **"marrying" two activities**: learning and moving, to make the best use of my time and **bonus**: my insights get wired in my neural pathways while moving in cadence.

DESIGN A MEANINGFUL MORNING ROUTINE



3 Clear Your Mind

Clearing your mind creates space and mental bandwidth for creativity, innovation, problem solving, and just the joy of peace and quiet in your mind.

The two most powerful ways to clear your mind are mediation and journaling.

Mediation that focuses on breathing and being still is good for clearing clutter. If you're driven and mentally "on" it may be hard to learn but it's so worth it. Check your community for free classes.

Downloading or dumping "all the things" out of your mind by journaling can free your mind and make room for creativity.

You can make lists, create mind-maps, jot ideas in an idea book, map out solutions, make a list of pros and cons.

Anything to get excess chatter out of your mind.



4 Connect, Reflect, & Respond

This is the spiritual component of the morning and can be designed to fit any belief, preferences, or style. The goal is to connect to yourself, your Higher Power, your soul, or your authenticity and to raise your vibes to a high level to influence your day.

This might include meditating, praying, gratitude list making, sending love to other people energetically or virtually, and journaling - whether it's a free-flow stream of conscious or writing responses to prompts.

My favorite combo is a meditation with good questions I ask my higher self or higher power followed immediately by journaling. Sometimes I just bump up the meditation time to first enjoy the quiet moment of the day or week.

DESIGN A MEANINGFUL MORNING ROUTINE



5 Set Your Intentions

This is directly tied to your values, core desired feelings, and your principles.

More than reviewing your goals and list of appointments, it's taking a moment to decide in advance, how you want to live this day. You might identify a feeling you want to experience - for yourself or for others you're interacting with this day.

It might include thinking of someone that you can send a note or positive thought or an idea of how you want to navigate a potentially challenging activity.

You can simply say it to yourself, out loud, or make a note about it in your planner.

NOTE: If you haven't pre-viewed your day the night before (something to do in your Meaningful Evening Routine), do that now.

GETTING STARTED

To get started, I recommend you choose three to start and add the other two once you've nailed a consistent routine.

Assign them to a time frame and follow your schedule just like you would with appointments on your calendar.

REALITY CHECK

When my kids were little and we had a dog, I did have to train them to respect my boundaries of this precious quiet time. As it became more critical to my day, I woke up earlier to give myself more of this time. Meditation makes not only your mornings meaningful, they have the power to transform how you do life.



MORNING ROUTINE

SUCCESS TIPS

How to Master a Meaningful Morning Routine

Try out the order and timing of the activities.

There is no one way to create a Meaningful Morning Routine.

Think of it as an ongoing experiment and remember you can't fail. Test and see what works for you and if you want rules - make your own rules and follow them.

You'll know it's time for an upgrade when your current routine doesn't inspire you or when you make a commitment to upgrade your life because what got you "here" won't get you "there."

Do not engage in a negotiation with your mind or body when you wake up. Your body will plead with you to stay in bed a little longer. You will. Keep in mind - it's a long game. You may not see or feel the benefits immediately, especially as you navigate change, but a Meaningful Morning Routine will pay off.

Maintain the same routine for thirty days.

After 30 days you can evaluate, modify and go again for 30 days.

Don't switch activities everyday or week.

Give yourself time to develop the habit and smoother transitions between waking up and each activity.

But, be prepared that you'll need to switch up the activities to keep growing, prevent boredom, and avoid plateauing.

Increase your odds of gaining momentum.

If you can "marry" an activity to an already established habit, the chances of staying committed are increased.

One example is listening to a book on tape, podcast, or YouTube video while getting dressed, preparing breakfast, or commuting.

While drying my hair and putting my makeup on, I've reviewed a list of my tribe and prayed for them or sent them good vibes.

See #2 "Move Your Body" for another example.

Many activities can be doubled up with something else, just please don't meditate and drive.



"If you want
your future to
be different,
the first step is
to decide."

DANETTE LAYNE
MEANINGFUL MORNING ROUTINE



CREATE YOUR OWN MEANINGFUL MORNING ROUTINE

If you want your future to be different, the first step is to decide.

Commit and don't set yourself up for failure by being too rigid or expecting perfection.

Create your own Meaningful Morning Routine (see example and form on the next page). Here's how:

1. Create Your Meaningful Morning Routine Strategy Card:
 - a. Review the Focus on Five Activity Types for a Meaningful Morning Routine.
 - b. Choose three to five Activity Types.
 - c. Identify a specific activity for each type. Pick ones you can incorporate in your morning with the most ease.
 - d. Calculate the time you'll allocate to each activity and create your schedule using the form on the next page.
 - e. Print and post where you can see it when you get up.
2. Identify anything you need to make the activity happen and set everything up to make it easy. For example, you might get a journal, timer (or app on your phone), hand weights, yoga mat, workout clothes, or identify a location.
3. "Go live" - put your Meaningful Morning Routine strategy into play.
4. Experiment for a week, reflect and make minor tweaks.
5. Share your plan, strategy, and most importantly the "why" and how you feel when you carve out a bit of time for yourself with your spouse, friends, or colleagues.

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Take ownership of how you start your day with a Meaningful Morning Routine so you can live your day, *and your life*, with intention.

sample MEANINGFUL MORNING ROUTINE

strategy card

January & February 2020

TIME	ACTIVITY
5:30	Wake up, get dressed for workout
5:33	MOVE MY BODY Stretch / Sloppy Yoga (7 min) Treadmill & Insight Cards (10 min) Workout / Strengthening (20 min) MON & TUES - HIIT & SPRINTS WED & THUR - FULL & UPPER SAT - LEGS / LOWER FRI & SUN - ACTIVE REST (HIKE)
6:10	LEARN SOMETHING BOOK: Profit First, Balance Point PODCAST: n/a
6:30	CLEAR MY MIND Blessing Meditation Breathing Meditation Connecting with Source Meditation
6:45	CONNECT, REFLECT, & RESPOND <i>Respond to Reading Journaling</i> <i>Notes from Meditation</i> <i>Daily Journal Prompts</i>
7:00	SETTING INTENTIONS Who can I encourage today How do I want to feel Blessing: <i>Bless my day, my work, and my interactions for the highest good of all impacted.</i>

WHAT MATTERS MOST

- to connect to others from my heart
- to feel good while doing my work
- to spread human kindness

Create your own
Meaningful Morning Routine and
post where you can see it.

MY MEANINGFUL MORNING ROUTINE

strategy card

Dates:

TIME	ACTIVITY
	Wake up

WHAT MATTERS MOST

-
-
-

'ROAD TRIP' SPEAKING AT THE WOMEN'S ECONOMIC FORUM IN INDIA

HI, I'M DANETTE

My first "adult" morning routine was getting kids ready for school and myself ready for the day. Working 3 jobs, attending 2 colleges, and single parenting, I felt rushed just to get out the door. I'd never heard of "me time!"

Several years ago, a biopsy on my tongue got my attention and before I got the results, I committed to spending my life doing more of what I love, with people I love. **I vowed to Live With Intention.** Not only did I want quality time with my family, I wanted adventure, to do some form of artistic expression, and to figure out this nagging feeling that I had an assignment.

I didn't know how to squeeze one more thing into my crazy-busy schedule, let alone answer a vague sense of calling, so I decided to get up early in the morning to start figuring it out. **My Meaningful Morning Routine was born and I can genuinely say it changed my life.**

In new Morning Routine I discerned my authenticity, created a compelling vision, and uncovered my "life assignment."

This clarity empowered me to take bold steps, becoming a professional speaker, traveling the world, writing a book, co-authoring an international best selling book, and starting my own business to help others live to their full potential.

One of my favorite tools for learning about myself, finding flow, and making money with less resistance is the Genius Test. You can **find your genius here.**

If you feel like you have dreams but something is holding you back, fear not. Feeling frustrated or a bit scared can be the lever to catapult you to your next level. If you want help using that lever **snag one of my complementary breakthrough sessions.**

In your 30 minute breakthrough session we'll find your biggest block and I'll map out **a plan of how to move forward so you can wake up with enthusiasm to start your Morning Routine and kick off a meaningful day.**

To schedule a session, please send me a note: danette@danettelayne.com with the subject "breakthrough."

*Send me an email to danette@danettelayne.com with the subject "**Breakthrough**" to schedule your Breakthrough Session.*

I have a limited number available and they are for people who truly want to move forward.

Note: This is for you if you're stuck or scared to move forward. If you're whining and blaming others (your boss, the government, your spouse, etc. I'm not the best fit for you but you can access my teaching on danettelayne.com.