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MORNING MAKEOVER

7 Habits to Brighten Your Day

DR. MARLEEN GREENLEAF



MORNING MAKEOVER: 7 HABITS TO BRIGHTEN YOUR DAY

Starting each morning on the right foot can significantly influence your mood, productivity, and overall happiness. If you've experienced a day that spiraled downward after a rough start, you understand the importance of a good morning routine.

Here's some good news: You can turn your mornings around! You have more control over your mornings than you might think, but it all begins with a structured plan. Below are seven simple habits that can revamp your mornings, leading to brighter, more fulfilling days.



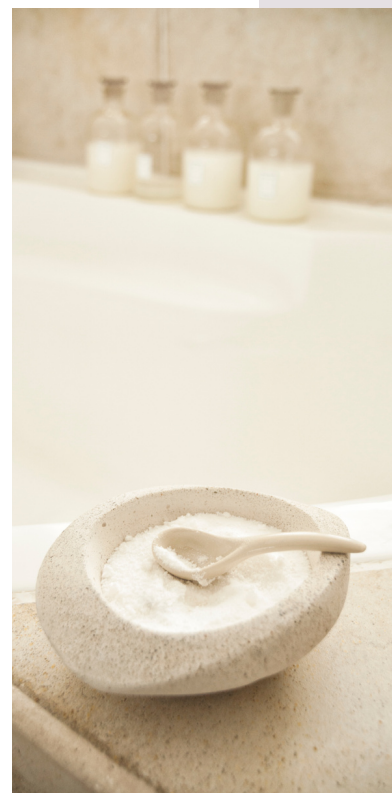
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EMBRACE THE CALM

Begin your day slowly and calmly whenever you can. Avoid waking up at the last minute and rushing out the door. Plan to allow yourself a few moments of stillness every morning. This quiet time helps your mind gently welcome the new day before diving into it.

Try this: Wake up to a few minutes of tranquility. Let your mind gradually become aware of your surroundings, transitioning smoothly from sleep to wakefulness. Don't leap out of bed in a hurry. Cherish the quiet of the morning as a positive start to your day.

Tip: Keep your phone away from your bed. Use a traditional alarm clock or a sunrise-emulating one. If you must use your phone, set it to "do not disturb" mode to avoid immediate exposure to overnight notifications. Allow yourself to wake up gently before engaging with your phone.



JOURNAL YOUR THOUGHTS

Journaling is a timeless morning practice. It's especially beneficial for organizing the flurry of thoughts, goals, and concerns that greet you each morning. A morning journaling session, in the form of a brain dump or stream of consciousness, helps you sort through these thoughts.

How to Brain Dump: Write down anything that comes to mind - thoughts, feelings, worries, fears, plans. Don't edit or censor yourself. Whether positive or negative, let your thoughts flow onto the page. If you're new to journaling, start with 5-10 minutes or aim to fill 2-3 pages. With time, this routine will become a peaceful start to your day.

3

PRACTICE RELAXATION TECHNIQUES

Morning relaxation techniques can vary. Meditation is a great choice, allowing you to shift focus from random thoughts to a chosen point of concentration. Breathing exercises, like 'box breathing,' are also effective. They can reduce stress, improve focus, and calm the nervous system. If you're skeptical, try it for 5-10 minutes each morning for a couple of weeks and notice the difference.

Mindful walking during an early morning stroll is another excellent technique. It combines the physical benefits of walking with mental clarity and self-awareness. These practices can be a tranquil start to your day.



4

ENJOY THE MORNING SUN & FRESH AIR

Letting in sunlight and fresh air each morning can dramatically boost your mood. Open your curtains and windows, or step outside to bask in the natural light and breathe in the crisp air. This simple act can lift your spirits and awaken your senses in a soothing manner.



5

UTILIZE SELF-CARE

Self-care is deeply personal. Consider what small actions in the morning could enhance your day. This could be anything from spending time in your garden to enjoying a quiet coffee. Self-care should be a dedicated act for your own well-being.



6

PRACTICE GRATITUDE

Starting your day with gratitude can instantly elevate your mood. Each morning, write down things you're thankful for in a journal. Over time, you'll find more and more things to appreciate, enhancing your sense of life's abundance.

7

USE POSITIVE AFFIRMATIONS

Begin your day with positive affirmations. These can be repeated daily or varied. Examples include:

- I am worthy.
- There are always new opportunities.
- I allow myself to learn and grow.
- I love myself unconditionally.
- Life is a blessing.

Affirmations help cultivate a positive and hopeful mindset.





HELLO, I'M YOUR COACH!



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I Can't Wait to Work With You!

I am Dr. Marleen Greenleaf, DBA a motivational speaker, personal empowerment and leadership trainer. I am committed to inspiring individuals to fearlessly embrace their authentic self and unapologetically walk in their true purpose.

From my past experience, I have developed actionable tools to guide and empower individuals who feel stuck and taken advantage of in their personal and professional lives, but afraid to speak up and move forward, to use their voice, take action and show up more confidently so that they can live in their power.

As a result of my beliefs in empowerment and self-leadership coaching, my clients experience a level of success and joy they haven't experienced before.

I am here to support you if you are ready to get out of your own self-defeating beliefs and move from fear to living in your POWER.