



KT Life Coaching

EMBRACE NEW HORIZONS

# How to show up for yourself in the morning

Krystyna Trybula

The alarm goes off ...and...snooze or rise?

You can press -... or go Tell yourself 5..4...3..2..1.. I'm up!

Drink a glass of water !That helps to release the toxins in your system.Don't' like plain water ? (A small flask - night before 1slice of lemon and hot water) it will be just right when you drink it in the morning and it works wonders for your skin.

Stretch ...yawn....light yoga , a run / walk before breakfast .... Whatever suits you to get yourself going.Just move 5-10 mins Whilst getting ready Remind yourself . There's no -one like me because...

Ask yourself , "What is my best intention for the day?" ( be positive) E.G.-Think about quotes that inspire you\_ Role models ....I want to be like....-Things I'm really good at-

One thing I want to learn but is out of my comfort zone right now ... what's the first step I can take.Remind yourself .... I am enough.

Wear whatever makes you feel comfortable and good ....Include something that gives you an edge. ( perfume/aftershave, accessories - jewelry , clips , scarves ties, - something that has significant meaning for you that makes you know when you touch it - you are valued and worth it!)

Give yourself the time to drink eat and look forward to your day ahead. Commute to work Walk / drive/ bus/ train -notice the change of seasons in the sky , trees , shops and buildings you pass by.Look out of the window and allow yourself to look for 10 seconds and notice what you haven't seen , heard,, touched . smelled, or felt before ..How does it make you feel? Why?

Nearly at school...Think of one thing you are looking forward to....Have a great day! The one great thing about tips is that you can change just one thing... just one to make your day great.Be... In tune with yourself ... What works best for you?Be flexible ..... if not this then what.....?Be aware of yourself .....I am unique ... I like (e.g. my laughter, my view, my feel for things , my sense of.. just me.)Look at.... Hear .....Smell enjoy what you drink and eat , feel how you stretch and begin your day. I challenge you .....Use your senses What works well... make it MUCH MUCH BETTER What doesn't MAKE IT much much less.

Have a good day