



You just need
30/40 minutes
every day to start
fresh and
amazing!

Secrets for a morning routine that sticks!



LIVE BY PROJECT

Choosing how
to start your
day **set you to
win or to loose**
the rest of the
day.



1. Wake up early

Having the extra time will give you a huge advantage!



YOU WILL UNFOLD YOUR DAY
BEFORE THE DAY REALLY
STARTS AND **BEING PREPARED**
IT IS SUCH A GOOD FEELING...

**If waking up
early is
challenging for
you, I have a
good news: you
can slowly train
yourself to do it.**

**START BY WAKING UP
10 MINUTES EARLIER
AND INCREASE THE
TIME GRADUALLY
EVERY WEEK.**

**TRAIN YOUR BODY AND
YOUR MIND WITH
SMALL STEPS, YOU
WILL GO VERY FAR
AWAY...**

Two WINNING
TIPS.... try them!

AS SOON AS I WAKE
UP..BEFORE EVEN GOING
TO THE BATHROOM...
I MAKE MY BED, A SENSE
OF ACCOMPLISHMENT..IT
IS NOT BAD!

I PUT MAKE UP ON
IMMEDIATELY, BEFORE
MY YOGA. IT MAKES ME
FEEL READY AND GOOD!

2. Prepare
your mind:
sit in
silence for
5 minutes



TUNE INTO YOUR OWN
BREATHING

WHISPER THAT ONE
THING YOU ARE
GRATEFUL FOR TODAY

SET YOUR **INTENTION**
FOR THE DAY

3. Prepare
your body:
exercise
for 15-20
minutes



TUNE INTO YOUR **BODY**

IT IS NOT IMPORTANT
WHAT YOU DO, IT COULD
BE **YOGA, RUN, WALK,**
DANCE...JUST MOVE,
YOU WILL FEEL
AMAZING!

DRINK A **GLASS OF**
WATER BEFORE EATING
ANYTHING ELSE

4. Prepare your day



REVIEW YOUR DAY PLAN
(IT WOULD BE BETTER
TO PLAN THE NIGHT
BEFORE) AND **RESET**
PRIORITIES

JOURNAL: WHAT YOU
ARE **GRATEFUL** FOR,
WHAT YOU ARE **EXCITED**
FOR, WHAT WILL BE
YOUR **FOCUS** FOR THE
DAY, WRITE DOWN WHAT
YOU **ENVISION.**

5. Getting inspired



RE-ENTER THE 'REAL WORLD' LISTENING TO SOME GOOD **MUSIC**, A **PODCAST** THAT INSPIRE YOU, AN **AUDIO BOOK** THAT UPLIFT YOU IN AN **EXPANDED VIBRATION THAT MAKES YOU FEEL GOOD**. VISUALIZE YOUR GOAL AND READ AFFIRMATIONS..

Treat all
these
actions as
tools to
make your
life easier
and
smoother..



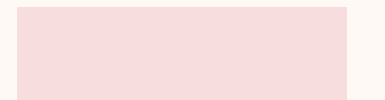
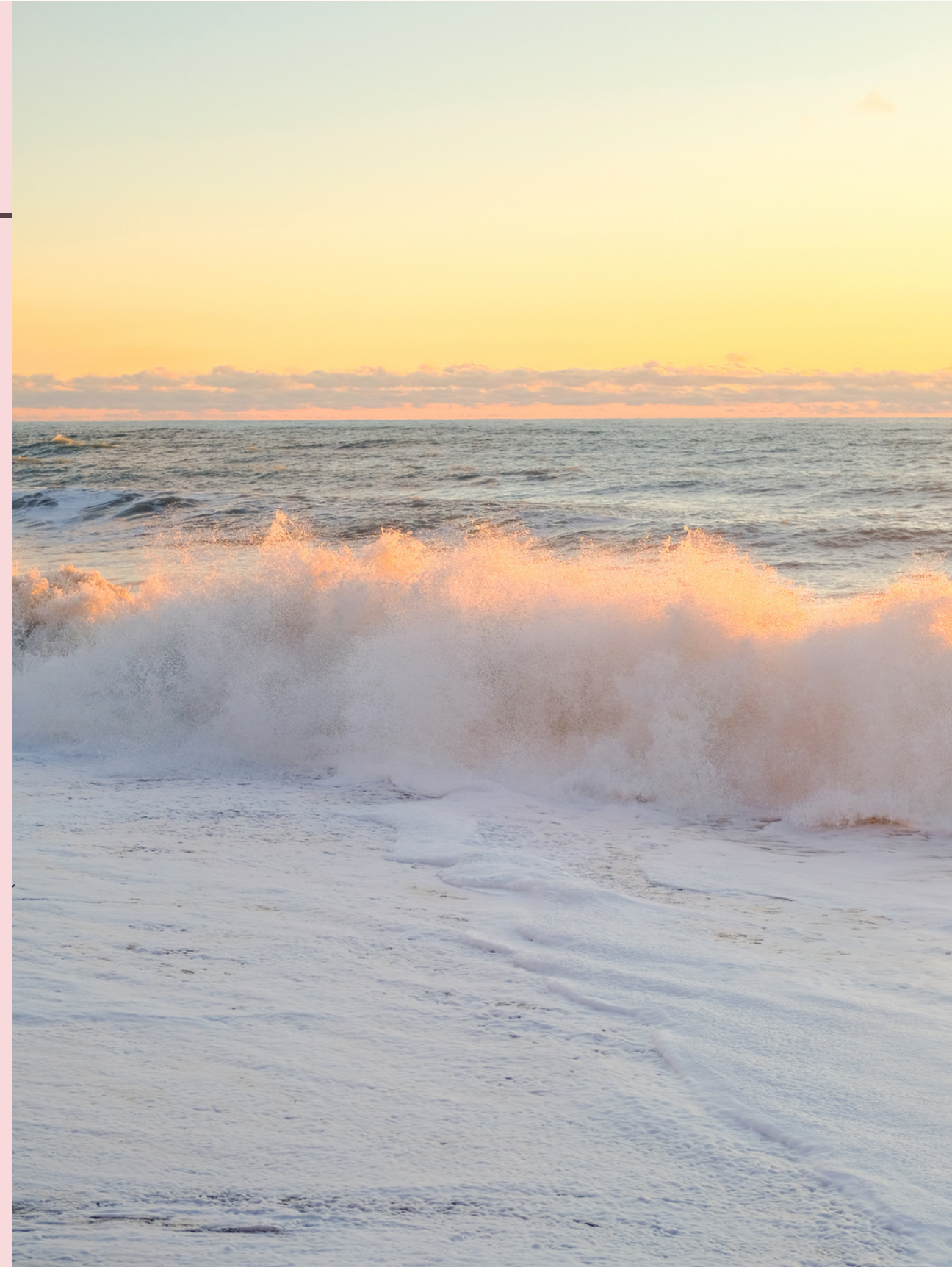
***STARTING THE DAY
WITH SOME STRUCTURE
AND CREATING TIME
AND SPACE FOR
MYSELF, MAKE ME BE
PRESENT, CALMER, ON
TIME, NOT
OVERWHELMED...AND
POWERFUL!***

Invitation:

COMMIT TO DO A **FIVE-DAY HABIT EXPERIMENT.**

START INCORPORATE AT LEAST **ONE** INTO YOUR DAILY ROUTINE AND SEE HOW IT FEELS..

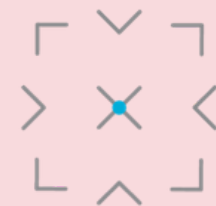
WHICH ONE WOULD YOU CHOOSE? WHAT MIGHT ACTUALLY HAPPEN IF YOU DO?



You should sit in meditation for twenty minutes every day
- unless you are too busy. Then you should sit for an hour.
- Zen proverb -

***MAYBE THIS IS A BIT TOO EXTREME
FOR NOW...WHAT IS IMPORTANT IS
TO START YOUR JOURNEY!***

BARBARA CORTELLA



LIVE BY PROJECT