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3 easy steps to a morning routine you love

GET STARTED TODAY!

Joanna Opoku – Life Coach
Contact: joaopoku@gmail.com

Introduction

My routine

I'm a massive fan of my morning routine. I actually go to bed looking forward to it...weird, I know.

My routine is pretty simple.

- ★ I wake up, drink some water, then instead of reaching for my phone or the news I head to my sitting room, pull out my yoga mat, and get YouTube up on the TV.
- ★ I do a 10-15 minute yoga routine, using YouTube videos.
- ★ I then sit cross legged on my mat, open up the Headspace app on my phone, and do a 10 minute guided meditation.
- ★ Then I make a cup of tea, get myself showed and dressed, and make myself a breakfast of porridge with nuts and fruit.
- ★ From then I either head to a gym class, write for an hour, or head to work.

I repeat this every weekday.

Simplicity and preparation

The key to this all working is that it's really simple, and I know my routine. Here's what makes it easy to do.

- ★ I save my favourite YouTube videos that I use regularly to a playlist so I can find them easily (SarahBeth Yoga or Yoga with Adriene). Otherwise I fall into a terrible boghole of scrolling through all the new YouTube videos that look interesting...and time passes.
- ★ For the meditations, it's set up so that you can work your way through a course of 10-30 themed meditations at a time. Meaning that each new 10 minute session is there ready for me when I open up the app.

I don't have to waste time looking through the options and find a meditation that suits how I'm feeling right then.

- ★ I *always* have porridge and tea for breakfast - just changing the fruit/nuts combo depending on what I have in or how I feel. But I *always* have the ingredients there, ready.
- ★ I do the same two gym classes a week. I enjoy them and never want to miss them. I set out my gym kit the night before. Added bonus - I get to listen to podcasts on the 30 minute walk there and back.

I take out any decision making.

Struggling with a morning routine?

You're busy and tired...

I know some people really struggle with setting up a decent morning routine. There's no time, they're busy enough as it is. Life can be overwhelming.

You try adding in a morning jog or meditation, but it fails to stick and you're back to the routine of snooze, realise you're running late, throw on an outfit and grab a cereal bar for breakfast. Trying to set up any sort of new routine is just too much effort.

I also realise some people aren't into routines, they love to go with the flow, and act depending on how they feel at that moment. No fixed plan.

...but you know it could be better.

But for those who'd like a little more structure, better habits, a more relaxed morning and a way to fit in more of what they love, I'm here to help.

The bonus is that with a great morning routine you could end up feeling fitter and healthier both in body and mind, and in more control of your day.

Read on...

Here are the 3 easy steps to starting a morning routine you'll love!

Step 1. Identify 3 areas you could improve on - that will improve your health, fitness, knowledge, general happiness.

For example:

★ **Breakfast or food in general**

Ideas:

- Porridge or overnight oats for breakfast – my favourite!
- Any kind of healthy food or drink you think will improve your health
- Making lunch for day ahead

★ **A new form of exercise**

Ideas:

- 10 minutes yoga
- 10 minutes stretching
- 10 minute walk or jog around the block
- 10 minutes push ups and sit ups – HIT style workout (tons on YouTube)

★ **A self-development / enjoyment / 'me time' thing**

Ideas:

- 10 minutes journaling first thing (this could be a diary entry, list making, planning, general getting everything out of your head).
- 10 minutes meditation
- 10 minutes reading a book, fiction, non-fiction, magazine articles you've saved up to read.
- 10 minutes language learning – using an app like Busuu or Duolingo, or listening to a podcast, or reading a textbook or book, watching a Youtube video...
- 10 minutes listening to a podcast
- 10 minutes watching a TED talk

Tip - I've used 10 minutes as an example as this works for me. Enough time to actually do the thing, but quick enough for it to not take up too much time.

Step 2. Pick just one of the above, to start.

What do you need to do to make it happen? Take some time to plan.

For example:

★ Food –

- Do you need to add ingredients to your weekly/daily shop?
- Do you need to do some prep the night before? How much time?
- When can you do this? Last thing at night before bed? When you get home from work?

★ Exercise –

- Do you need the right kit – will old leggings and a t-shirt do? Dig them out.
- Need new trainers?
- Do you need to find a YouTube video you like the look of, or download an app that's been recommended? There's a ton of free resources out there.
- Do you need to plan a route?
- What time will you fit this in? First thing? Do you need to set your alarm 15 minutes earlier? Make the decision now so there's no room to backtrack at 7am...

★ Self-development / me time –

- Do you need to find a book you're excited to read?
- Buy a new notebook to journal in? Read an article with journaling tips?
- Find and download some podcasts or a language learning app?
- What time will you do this? Do you need to set an alarm? Get up 10 minutes earlier? Decide now so there's no faffing in the morning.

Tip - *I use the Headspace meditation app - you can select anything from 1 to 45 minute guided meditation sessions.*

Tip - *Get everything set up so that you literally have to get up and get started - no thinking, no searching, no hanging your mind.*

Step 3. Start adding one of the above into your morning routine, every day for one week.

Prep your stuff, set your alarm if you need to, tell yourself you're going to try this for one week only.

After one week assess how it went.

- Did you stick to it?
- Was it hard? Did you enjoy it?
- Did it stress you out?
- Did it have an effect?
- Do you need to change when you do it or length of time?
- Can you carry on for another week?

If it went well, keep going. After a month it'll have become part of your routine. Maybe you can think about adding another thing from your list.

- ★ **Tip** - *You may need to play around. When I originally started getting into meditation, I tried to do it right before bed, 10 minutes sat on my sitting room floor. I'd end up so sleepy, that I'd be annoyed as I love to read a little before bed! So I switched to 10 minutes in the morning and it suits me much better.*
- ★ **Tip** - *Also - I started with meditation followed by yoga - but switched it around as the yoga wakes me up more, so I'm less sleepy during meditation.*
- ★ **Tip** - *Give yourself time and don't rush trying to change everything at once. They say it takes time to form a habit...get one new part of your routine sorted and a habit, then move on to adding in the next.*
- ★ **Tip** - *To make your routine work, you need to stick to it. If any morning I don't do my 10 minutes of yoga followed by 10 minutes of meditation - I'm unlikely to do them later in the day. If I have breakfast first - I rarely feel like doing 10 minutes of yoga after. It's just not my routine and doesn't feel right.*
- ★ **If you really want to do it - stick to it consistently every day and before long it'll feel like second nature.**

Stay in touch & how to work with me

There we have it, 3 easy steps to follow to set up a great morning routine!

The joy is - you're setting up a routine that suits you and you only, you're not trying to do things you feel you *should* be doing. Pick things you're excited to try and that you feel will improve your life.

Let me know how your new morning routine is going!

Get in touch via LinkedIn, or email me at joaopoku@gmail.com

Work with me

If you'd like to work with me, I offer 1 hour one-to-one life coaching sessions to help you with making changes in your life, be it career change, increasing productivity or making a big life change.

I do these via Skype. One session costs £55.

Email me at joaopoku@gmail.com to set up a session.

Website: www.joannaopoku.com