



mind love

The Sacred Start:

Mindful Morning for Inspired Days

A Masterclass By:
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Module 1:

Assess your current morning routine and identify areas for improvement based on your personal goals and values.

Write down at least three ways that a better morning routine will improve your life, help you align with your values, and achieve your goals.

Identify your common excuses for not cultivating a morning routine and create a fallback plan for each one.



Module 1:

Write a commitment to yourself for creating and maintaining a mindful morning routine.

How can you prepare or create a sacred morning space that excites you and inspires you to start your day with purpose and joy?

Module 3:

Movement ideas:

- **Take a walk** (consider walking to a location that excites you, such as a nearby coffee shop or park. You can even listen to motivational content like podcasts, audiobooks, or affirmations using the Think Up app).
- **Dancing** (get silly, tribal, or tune into your primal instincts to really connect with your body and get your blood pumping).
- **Yoga practice** (there are many free online resources and videos available)
- **Pilates class** (there are many online classes available)
- **Circuit training workout** (bodyweight exercises like push-ups, squats, and lunges)
- **High-intensity interval training (HIIT) workout** (many free online videos available)
- **Barre class** (many online classes available)
- **Aerobics or dance class** (many free videos available on YouTube)
- **Skipping or jump rope workout**
- **Functional fitness training** (exercises that mimic daily activities like squatting, lifting, and twisting)
- **TRX suspension training** (using suspension straps to train bodyweight exercises)
- **Bodyweight exercises** (like push-ups, squats, and lunges) combined with stretching and yoga poses.

Module 3:

What are your favorite options for morning movement that inspire and energize you? *Create a variety of movement options that align with your mood and energy levels, and choose from them each morning to create a personalized movement routine.*

Module 4:

1. What are three things that I am grateful for today? How do they make me feel?

2. What are the top three priorities for today? How can I plan my day to accomplish these goals?

3. How will I feel when I accomplish today's goals?



Module 4:

4. What kind of energy do I want to bring into my day today? How can I cultivate that energy through my thoughts, actions, and interactions with others?

5. Complete this affirmation: "I am _____"



Module 4:

Brainstorm 10 nourishing breakfast options that align with your health goals and dietary preferences. How can you incorporate these options into your morning routine, and what steps can you take to make meal planning and preparation easier?

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