



5 Morning Rituals For Gentle Transformation

How to transform your morning, find your grounding, and set the tone for your day so you can show up with more light.



A Meaningful Morning

Our morning is the perfect opportunity to set the tone for your day - a time of peace, tranquility, and calm. It can be a spiritual and reflective period if you allow it to be.

Think of your morning as your time to armor up for the day. Engaging in activities that allow you to show up in this world as the best version of yourself can be truly life-changing - not just for you but for the world and people around you.

I handcrafted five rituals that can make the biggest impact on your morning. By incorporating these into the start of your day, you'll find yourself with more light and vitality as you go about your normal tasks - properly armored up, so the weight of the world doesn't sit as heavy.



My Journey

In the past, I would immediately engage with my phone upon waking, diving into emails, texts, and calls, neglecting any personal time. This led to a period of heightened anxiety and depression, impacting my performance at work and overall well-being. Recognizing the need for change, I embarked on a health journey where I discovered the transformative impact of a morning routine.

The shift from a chaotic morning to a structured routine marked the difference between a foggy, agitated mind and one that was clear and focused. As we delve into these rituals, it's crucial to acknowledge that everyone is unique, and morning routines should be tailored accordingly. This journey is an exploration - observe what resonates with you, what enhances your well-being, and what diminishes it.

The critical insight here is to become a mindful observer, experimenting with different elements to find what kindles your inner flame. The emphasis lies in recognizing the detriment of immediately plunging into the day without allowing space for grounding. In my past, this habit set the tone for my entire day, dictated by external factors such as work demands and challenging interactions.

Since prioritizing a morning routine, I've experienced a remarkable shift in my overall well-being. Setting the tone for the day has become a non-negotiable, providing the foundation for a more balanced and intentional life.



Your morning is a time for you to set the tone for the day.

Your morning is a time for you to find your grounding.

Your morning is a time for you to find what feels good.

It is not selfish to have a morning routine dedicated to YOU:

it's necessary so you can show up with your heart.



RITUAL 1: MORNING SANCTUARY

Arguably the most impactful, this ritual involves dedicating the first hour (ideally 2 hours) upon waking to yourself keeping the outside world at bay. Avoid checking emails, phone use, TV, or news. Prioritize self-care, allowing you to:

- *Ground yourself for the day.*
- *Attend to your needs before others'.*
- *Give your brain time to boot up before absorbing external energies.*
- *Create space for personal presence.*
- *Get your armor on*

This can be quite challenging to implement at first, especially if you're used to rolling over and engaging with your phone but I can assure you it's game changing and sacred. Give it a go and see the difference in your day.

Pro Tip: Enable nighttime mode on your phone from 8 pm-10 am. The screen turns black and white, and the phone enters do not disturb mode, promoting intentional phone use and fostering presence and grounding.

RITUAL 2: CATHARTIC CLEANSING

You may already have many of the components of this morning ritual in place, or maybe you don't, and that's okay. Start your day off right by cleansing off (both literally and metaphorically) anything that has built up through the night.



- *Rinse off in the shower*
- *Wash your face*
- *Cleanse your mouth*
 - *Tongue Scrape*
 - *Brush Teeth*
 - *Oil Pull*
- *Empty your bowels and bladder*

GET CLEAN. START FRESH.

RITUAL 3: MORNING MOVEMENT

No matter how good or poor we feel upon waking, morning movement will bring in more light & love to your entire day. It will give you energy, help you focus better, and help you FEEL better. You'll find it easier to remain present and grounded if you take this time to honor your body.

- *Gentle Yoga*
- *A Morning Walk*
- *Stretch*
- *A light Jog*
- *Tai Chi*
- *Foam Roll*



This is a time for you to check in and connect with your body and its needs. Lean into what feels good, observe what's feeling sticky. Move your body with intent and love as you are gaining strength for your day.

RITUAL 4: A MOMENT FOR ME

This is a big one; we often jump into our days and immediately let the needs and energies of others in before we are able to center within ourselves. This is especially true if you have a family, kids, a partner, even your doggy.

Every morning, take a moment and find time for you:

- *Try a Morning self massage*
- *Meditation (Gold standard)*
- *Spiritual study*
- *Sit in Silence*
- *Journal*



This is time for your untethered growth, TAKE IT

RITUAL 5: MORNING BEVERAGE

Sure to be a favorite of all the rituals, a morning beverage starts your day off on a loving and nourishing note. Putting time and intention into a beverage that will serve to support your morning and bring a smile to your face.

Pick the beverage that works for you and prepare it with love and intention.

- *Morning Coffee Beverage*
- *Morning Tea*
- *Morning Chai*
- *Morning Matcha*



Take the time to nourish yourself inside and out.

BONUS

As a loving bonus i'm including my current go to morning beverage

MAGICAL MORNING MATCHA

- 1 Heaping tsp of ceremonial grade Matcha.
- Milk of choice.
- Sweetener of choice
- Collagen

Mix your matcha powder with 4 ounces of hot water until well incorporated (Whisk if you got it!)

Add matcha mixture, 8 ounces of milk, sweetener, and collagen to a blender. Blend until frothy.

You can drink warm (my preference) or throw over ice!



ONE FINAL WORD ON MORNING RITUALS

When we show up grounded and centered, we are better able to serve the world around us. If we show up refreshed and renewed, we are better able to handle stress and create solutions. When we show up embodied and present, we are experiencing the sweetness of life that happens in the little moments.

When we show up with our armor on, we are less controlled by the external world around us. We don't get knocked down or whipped by every twist and turn of life. We are equipped to navigate and dance with life with so much more ease and grace.

Now I know it can be A LOT to implement a new morning routine, especially if your current morning window is already tight and rushed. THIS, my friends, is where the beauty comes in. This is your journey, and it shall unfold as you need it to. Go low and slow as you implement changes and really stay tuned in and turned on to what's going on in your body.

As you do, you'll find that these "things" we do to better serve our mind, body, and soul are done out of love, not hate or obligation. They're done because you want to feel better, be better, do better.

Your morning routine sets the tone for your day. It's one way to start fostering a life with more in it - more love, light, connection, confidence, strength, centering, grounding, and authenticity.

-Lila C.





Bonus:

If you want to add an extra little boost to your morning, make your morning shower a cold one! This is energizing and reinvigorating. It's a little mental hurdle to do every morning that leaves you feeling empowered!

(If a dedicated cold shower is too much, start warm and end on cold water! Work your way up to this and notice the difference in how you feel; THAT will keep you coming back for more.)