

A CREATIVE MORNING ROUTINE

Do you want to start your days a little more creatively? Would you like to set your self up to having a mind that is more open to ideas? Would you like to more easily recognize the beauty around you? Here's a daily routine, that has a different activity each day - because I know variety & routine are important. There is a lot of emphasis (for very good reason) on physical health in the morning (lemon water, exercise & a good breakfast is a great start), but this is a routine that will keep your mind & soul healthy.

EACH DAY UPON WAKING....

- write a **gratitude list** of at least 10 things (what are you thankful for? do you think 10 is too much? start with your senses, the roof over your head, the food in your belly, the place you slept and the clothes on your back.
- **focus on your breath** - I'm a big believer in meditation. That doesn't mean I have a perfect practice and a I can tune out everything, but I try to practice for at least 5 mins every day, I love 10-15 mins. I use Insight Timer (a free App).
- **5 min Journal**. What are you struggling with? What questions are you pondering? What dreams do you have that you want to talk about? I like to write about my dreams as though they have already happened. Ie. I'm so happy now that...

(SO THAT'S 11-15 MINS TO SET YOUR MIND UP FOR A HAPPY DAY... NOW FOR THE VARIETY & CREATIVITY)

• MONDAY

- Dance! What is your favourite music? Start your week off moving! Feel free to move the way your body tells you. Headphones on in the bathroom work if you don't want your family/roommates to see you!

• TUESDAY

- Colour! There are so many printables online or get a coloring book :) Set a timer though, it can be addictive and I don't want you to be late for work!

• WEDNESDAY

- Write a Story! Don't focus on writing a publishable story, just write a silly story, or serious. Just let it flow. Here's some ideas to get started...pick three words from a page in the newspaper/magazine/webpage and make them connect with your words. No one ever has to read it... or maybe the whole world will!

• THURSDAY

- Take a Photo! What is beautiful in your home? Or outside? Are you up early enough for sunrise?

• FRIDAY

- Go for a walk! Walk around your house, neighborhood or take a drive to a park. Enjoy the space. Feel each footstep, feel the muscles engaging in your body. Breathe in the fresh air. Identify smells and sounds.

• SATURDAY

- Find a good joke! Find something funny to share throughout your week. Find a joke you could tell anyone you see and they would laugh, I like silly jokes, maybe they are kid jokes. Share it with your Facebook friends, email list or anyone that cares to listen throughout the day. Need a starter joke? How do you make Gold Soup? 14 Carrots!

• SUNDAY

- Create Space! We need clear space to get messy and creative. Clear out a closet, tidy up a room... do your dishes (hello! that's a note to self). Clean up and get creative!

So those are my variety of creativity ideas. I hope you enjoy them. Please share your jokes, stories and ideas with me. I would love that!