



up & alive

Wake Up and Own Your Day:

how to create a morning ritual
that will change your life



Hey, I'm Arsy!

Author of 3 cookbooks, top leader with Beautycounter, and certified health coach. It's my personal mission to help YOU feel more alive than ever.

I am constantly asked how I do it all. I firmly believe that it starts with creating a morning ritual that allows you to live in alignment with your goals.

Why is YOUR morning ritual important?

I believe giving yourself the space to fill up your cup before the fullness of life begins is essential for our health and success. I am sure you have a very full life. Work, parenting, family obligations, school, building a business and the list goes on and on. If you are reading this, you are likely looking for more ways to hack your life and make all the things fit, while keeping your sanity.

Who am I and how did I become an expert in morning rituals?

First of all, I am no expert, but I am an avid researcher, a health nut and a super busy mom. I am a single-mom, the primary financial provider for my little one and a business owner. I also volunteer in my daughter's classroom, run around from piano to gymnastics, as well as travel for work. I get asked all the time, how do I manage all of this and keep my sanity.

My response... I wake up **EARLY**.

A caveat about losing sleep

I don't recommend losing sleep over your ritual. In my book, health comes first. Sleep is a major cornerstone of health. Although I've had a morning ritual for 5+ years, there have been times that I've had to let it go to create space for better sleep and improved health. Once I felt better, I was able to jump right back into it.

Tough love

If you are going to wake up early that also means going to bed early. Trust me, it will be worth it.

What are you doing up at night anyway? Watching Netflix? Scrolling Instagram? Although fun, all that blue light stimulation isn't doing your body any favors. It's not that I don't watch TV. I do. I save Netflix binges for the weekends. If I want to unwind at the end of the day, I usually opt to read a book. If you must watch TV, I recommend wearing blue light blocking glasses.

Waking up early will change your day and slowly change your life. I've watched it help so many people, as they've worked towards their goals in business and in life. If you can make space for yourself in the morning, many other things will fall into place.

DEEP DIVE QUESTIONS & WORKSHEET

If you know me, you know I like to dive deep.

I believe that our beliefs control our behavior. If you are struggling to change something, the way to get there isn't to will yourself into it. It's to understand the story behind it, so you can let it go and create a new narrative. This work is where the magic happens.

Your morning ritual is a form of SELF-CARE. It's making time for YOURSELF. No one, but you and your needs and wants. Let's dig deep together and show you that you DESERVE this time for quiet and clarity.

Mindset Busters

How do you feel when you first wake up in the morning?

Do you feel rested, groggy, ready to start your day?

What does your current morning routine look like?

Be HONEST with yourself. No one is reading this, but you.

Mindset Busters Continued

What's working from your current routine?

What's not working from your current routine?

Is your current routine helping you start your day with clarity and intention?

Mindset Busters Continued

What is getting in the way of changing your routine?

The biggest objection I hear is that I don't have time to create a morning ritual. If this is you, why don't you have time?

Get really honest and keep peeling the layers. For example, are you going to bed too late? If so, what are you doing at night? Is there anything you can stop doing?

Why have you struggled to start?

Let's examine your beliefs. What is the story you tell yourself or you've been told and internalized? It can be as simple as I am not a morning person or as deep as I am not capable of having my own successful business. The first step is to recognize this narrative and then let it go. So often, we don't consciously recognize the stories we tell ourselves over and over again that shape our lives.

Mindset Busters Continued

What are your goals for your morning ritual?

Is it to start your day with more intention and clarity? Or do you need to make time to bring your side hustle or dream business to life? These are just ideas. Get clear and honest about your goals and it will help you map out a morning ritual that will work for you.

Extra Space To Write Thoughts

Your phone

Let's talk about your phone. Your phone is getting its own section because it can be such a barrier in creating your perfect morning ritual. I know it's an issue for most of us because it is an issue for me at times too.

Do you look at your phone first thing in the morning?

YES

NO

We have all the excuses - it's my alarm clock, it's my meditation app, it's EVERYTHING. I know. Find other solutions, at least until you break the habit of staring at your phone first thing in the morning. This is problematic for multiple reasons:

First, you are starting your day by letting the outside world tell you what to pay attention to. Do we really need to know what someone ate for breakfast or what a blogger's OOTD is? Even more productive information like the news can wait until we get our minds right for the day.

Second, the last thing you want is blue light in your eyes first thing in the morning. Blue light impacts your circadian rhythm and melatonin production. Staring at the phone first thing in the morning can impact your sleep that night.

Why are you starting your day staring at your phone?

Again, be really honest. Are you still tired and you don't want to get going? (That's me!). Are you avoiding the day ahead of you because you don't love your job or something else? Are you worried you are going to miss something important at work? Or is it merely just out of habit?

The Three Pillars of Your Morning Ritual

Now that we've identified some of the underlying challenges, I want to help you map out a ritual that lights you up and is doable for you!

When I build out my morning ritual, I focus on the following 3 pillars.

Pause & Reflect:

This can be anything that works for you - reading, journaling, meditating. You don't have to do them all. Choose one that resonates with you. I usually start out reading something inspiring, while I sip a warm drink and slowly wake up.

Nourish:

Some ideas include hydrating, feeding your body something healthy, exercising, stretching and yoga. I drink water first thing in the morning. I also build some sort of movement into my morning ritual. It's usually something simple, like a 10-minute circuit or some stretching.

Visualize:

This can be affirmations, visualization or journaling about your intentions for the day.

Here is a great visualization exercise that really helps me. I sit quietly and I tell myself this is just a game. No rules or logic are required. I let my dreams for my life run wild and be as big as I can imagine. I like to end my ritual on this note because I go into my day feeling uplifted, empowered and that anything is possible.

My Morning Ritual

Here's a quick break down of what my morning ritual looks like...

5:00am : Wake up, put on my blue blocking glasses and chug a glass of water, approx. 16 ounces, then start coffee.

5:00 - 5:45 AM : Sip Coffee & Read an inspiring book. Then I spend 10 minutes journaling about what I am grateful for and how I want to show up that day.

5:45 - 6:00 AM : Red light therapy. I am obsessed. You can read about all the benefits in my post [here](#). It's good for your skin, your mood, setting your circadian rhythm and so much more.

6:00 AM : Step outside for sun light and fresh air. I only do this for a few minutes. If my little one wakes earlier than usual, she does it with me. We do it, even if it's cold out (we are in California though!). That morning sunlight is so good for setting your circadian rhythm and that fresh air is a great way to wake up your body.

6:10 - 6:20 AM : Move my body. Sometimes it is a circuit of push-ups, pull-ups, sit-ups, squats. Sometimes it's just stretching. I listen to my body and give it what it needs.

6:20 - 6:30 AM : Visualization game (see previous page for how-to details).

6:30 - 7:00 AM : Pack school lunch and get ready for the day.

7:00 - 8:30 AM : Family breakfast and getting everyone else ready.

9:00 AM : At my desk working with my cup full!

LET'S BUILD YOUR MORNING RITUAL

Start with choosing your wake up time. You don't have to wake up at 5 AM like me. Do something that is doable for you.

Morning Ritual

TIME:

ACTIVITY:

.....
.....
.....

Read over your list. Are you being realistic? Circle the 3 things that fire you up the most and are your non-negotiables. Start there. You can build on it, as you get used to this.

Conclusion

If you have a full-time job and you are building a business on the side, this might look different for you. You may have to reserve your morning ritual time to work on your side business. That's more than okay! I encourage you to still choose something to start with to get your mind clear and fill you up. Maybe it's reading, journaling or movement just for 10 minutes. And put those blue lights blockers on before you sit down at your computer. :)

Congrats! You've set yourself up for success. You have a plan and the tools to own your morning and change your life! I can't wait to see where this takes you, be it more mental clarity or bringing your brilliant business visions to life. Feel free to [tag me](#) in any posts about your morning ritual. I would love to see how your utilizing your workbook and owning your day!

Keep in touch!



Arsy

Tips for:

BREAKING UP WITH YOUR PHONE (at least for the morning)

- **Get an old school alarm clock** - I use [this one](#) because it has no lights. I also like [this one](#) because the light is red, so it's not as harsh.
 - **Get your phone out of your bedroom ASAP!** Cell phones are sources of EMF radiation, you don't want that near you while you sleep. The radiation is highest when it's charging, so charge it in another room. If it's possible, place it in airplane mode when you go to bed. If you have to keep it near you, keep it in AIRPLANE MODE.
 - **Meditation apps** - Swap it for old school, sitting still and taking some deep breaths for a few minutes. Do this until you are no longer scrolling the internet, social media and emails first thing in the morning.
 - **Workout apps** - Write down your workout on a piece of paper the night before. Just like the above, once you break your internet habits, you can start using your workout app again. Or if you must use your phone to workout in the morning, schedule other parts of your routine first, so you have 10 minutes first thing in the am without your phone.
- Or if you must use your phone, **DELETE** social media the night before. I can't even tell you the reactions I get when I tell people to do this. SO many people tell me they've never ever deleted Facebook or Instagram. I delete them DAILY and add them back. It takes less than a minute, especially when your logins are saved. I challenge you to do this and then see how many times you reach for your phone to click an app when you have a few minutes between tasks. Deleting the apps from your phone does NOT delete your account, by the way. It just removes it from your phone.
- **Books** - swap out digital books and audible books for a real book, at least for the morning. There's something so much more calming about a real book vs. someone talking at you first thing in the am or a glaring screen.

Other Tips:

Blue light blocking glasses - If I am up before the sun (which I usually am!), I wear these [blue light blocking glasses](#). Even if I am not looking at a screen, overhead lights emit blue light. Don't worry about looking silly. You are probably the only one in your house up so early. These aren't the "coolest" looking blue light blocking glasses, but they are effective because they wrap around and minimize light from getting in.

Set yourself up for success. Your ritual actually starts the night before. What can you do the night before to help you start your day strong? Examples: Put away the dishes, roll your yoga mat out, delete your social media apps, write down your to-do list for the next day, etc.

Have you heard of The 5 Second Rule by Mel Robbins? If you have trouble waking up in the morning, this might be a handy little tool for you. [The 5 Second Rule](#) is simple. If you have an instinct to act on a goal, you must physically move within 5 seconds. This means don't hit snooze. Put your alarm across the room and jump out of bed. If the first week, all you do is wake up without snoozing and no other part of your ritual, you are already on the right track!