



THE IDEAL MORNING ROUTINE

for a day full of energy and vitality

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"Reach within and dare to dream"



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WELCOME

My purpose is to help you achieve and maintain your well-being holistically, and in this ebook, I want to share with you how certain practices can transform your life if you incorporate them into your daily routine.

A well-structured morning routine can make all the difference in our lives, as the way we start our day can influence our energy, focus and productivity. By implementing a morning routine, we can establish a positive rhythm that will affect our overall well-being.

**Discover in this e-book how a morning routine
can change your life!**



Vero

BENEFITS OF A MORNING ROUTINE



Do you want to know the treasure that exists behind the practice?

Discover why a morning routine is the key to a day filled with success and energy. Next, we will explore some of the benefits of having a morning routine.

- **Sense of Control:** By setting specific activities and tasks to carry out in the morning, we feel more organised and prepared to face the challenges that may arise throughout the day. This reduces stress and the feeling of being overwhelmed early on.
- **Peak Productivity:** Setting goals and priorities early in the day allows you to maximise your time and focus. Say goodbye to procrastination and hello to astonishing efficiency.
- **Transformative Habits:** By repeating the same activities every morning, we are training our brain and body to get used to them. This facilitates the incorporation of habits like regular exercise, reading, or writing, which can have a significant impact on our long-term health and well-being.
- **Positive Attitude:** By including activities that make us feel good, such as listening to music, practicing gratitude, or enjoying a nutritious breakfast, we start the day with an optimistic and motivated attitude. This can have a domino effect on our attitude towards the rest of the day and our interactions with others.
- **Holistic Health:** A morning routine offers a series of benefits for our physical, mental, and emotional health.

Make the most of your mornings and enjoy the great benefits of a powerful morning routine.

Get ready for a more organised, healthy, and energised life



***"ASK YOURSELF IF WHAT YOU ARE DOING
TODAY BRINGS YOU CLOSER TO THE PLACE
YOU WANT TO BE TOMORROW"***

WALT DISNEY



KNOW THE INGREDIENTS OF A IDEAL MORNING ROUTINE

I introduce you to the morning routine that changed my life. You can explore and start incorporating one or two ingredients into your life and gradually shape your habits. The key is to establish a structure that allows you to address your responsibilities with serenity, and in no time it flows effortlessly.

- **Meditation:** it is an ancient practice that allows us to train our mind and achieve a state of inner calm and tranquility.
- **Reflection and writing exercises:** are an effective way to explore our emotions, thoughts, and experiences; while promoting self-awareness and personal growth at the same time.
- **Joint movement exercises:** are an effective and beneficial way to care for and maintain the health of our joints.
- **Physical exercise or yoga:** I mainly recommend doing at least 10 sun salutations, also known as Surya Namaskar in Sanskrit, which are a sequence of fluid movements practiced in yoga to warm up and energise the body.
- **Breathing exercises:** are the bridge between body and mind, a powerful tool that we often underestimate. Practicing breathing exercises not only allows us to adequately oxygenate our body, but it also promotes relaxation, reduces stress, and improves concentration.

**Wake up every day with energy, focus,
and determination to achieve your goals.
Harness the power of a morning routine
to enhance your holistic well-being
and conquer your dreams!**



THE POWER OF MEDITATION

As we immerse ourselves in this state of mindfulness, we open up to a range of benefits for our health and well-being.

Stress Reduction: During meditation, we focus on the present, releasing the thoughts and concerns that cause us anxiety. This focus helps calm our mind and body, decreasing stress levels and promoting a sense of inner peace.

Mental Health: With regular practice, we strengthen our capacity for concentration and focus. This aids in enhancing our productivity, making clearer decisions, and cultivating a quieter mind. It can also help us manage negative thoughts and foster emotional resilience.

Physical Well-being: Scientific studies have shown that regular meditation practice can improve our cardiovascular health, lower blood pressure, and strengthen our immune system. Additionally, it can help alleviate chronic pain and enhance sleep quality.

Fosters Self-awareness: By being fully present in the moment, we become more aware of our emotions, thoughts, and actions. This allows us to have a healthier relationship with ourselves and others, promoting empathy and compassion.

Emotional Balance: Through meditation practice, you can cultivate mindfulness and inner calm, allowing you to respond in a more serene and balanced manner to challenging situations.

With just 20 minutes of meditation a day, you'll start seeing results.

Your well-being awaits you!





***"WRITING IS THE DEEPEST WAY
TO READ LIFE"***

FRANCISCO UMBRAL





KNOW DIFFERENT TYPES OF REFLECTION AND WRITING THAT YOU CAN USE


Through writing, we can delve deeper into our own mind and heart, discovering new meanings and perspectives. Below, we will explore some exercises you can incorporate into your routine to make the most of this powerful tool.

Reflect and Write: *Your Personal Journal.* Taking a few minutes at the beginning or end of the day to reflect on our experiences, emotions, and learned lessons can help us process and make sense of what we live day by day. Writing allows us to capture and express our thoughts and feelings more clearly and deeply than just thinking about it. This not only allows us to emotionally vent, but also offers the opportunity to reflect and learn from our experiences.

Free Your Mind: *Free Writing.* Try free or automatic writing. With paper and pencil in hand, set a time limit and pour into words everything that sprouts in your mind, without censorship or edits. This spontaneous exercise releases thoughts and emotions, unveiling surprising ideas and connecting with your subconscious.

Letters to Yourself: *Your Past and Future Self.* Explore writing letters to yourself. These letters can be written from your current self to your future self, where you imagine yourself at a specific moment. You can reflect on your goals, desires, challenges, and how you would like to see and feel in that future. This practice helps you clarify your objectives and work on your self-development.

Gratitude in Words: *Gratitude Writing.* Take a few minutes to write about the things for which you feel grateful in your life. You can make a list, describe specific details, or express your feelings of gratitude. This practice helps you focus on the positive and cultivate an attitude of gratitude in your daily life.



In summary, reflection and writing exercises are a valuable tool for exploring your inner world, cultivating self-awareness, and promoting personal growth. The act of reflecting and writing will allow you to discover new perspectives, heal emotions, and cultivate a deeper connection with yourself.



KEEP YOUR JOINTS MOVING

Discover how to keep your joints flexible and healthy with gentle exercises. Learn how joint movement can contribute to your physical well-being. From the ankle circle to release tension to neck mobility, these exercises will help you start your day with vitality.





JOINT MOVEMENT EXERCISES

These exercises, which involve moving all the body's joints gently and controlled, offer a series of benefits that can improve your health and well-being.

- **Flexibility and Mobility:** Joint movement exercises help wake up and activate the joints after a night's rest. This can provide immediate relief to stiffness and the morning numbness feeling that we often experience upon waking. By moving the joints in all directions, it's possible to reduce tension and improve blood circulation, which contributes to an increase in flexibility and mobility.
- **Injury and discomfort prevention:** Keeping the joints lubricated and in constant movement can reduce the risk of injuries from abrupt movements or overload. Additionally, by activating the muscles and improving posture, these exercises can protect your back and other areas prone to muscle strains.
- **Stimulation of the lymphatic system:** The lymphatic system is responsible for removing toxins and waste from the body, and its proper functioning is essential to maintaining good health. By promoting joint movement, lymph circulation is stimulated, facilitating toxin removal, which can help strengthen the immune system and improve recovery capacity.
- **Mental well-being and emotional balance:** Like any form of exercise, physical activity releases endorphins, hormones that act as natural painkillers and improve mood. By including these exercises in your morning routine, you can start the day with a feeling of calmness and positivity that will accompany you throughout the day.

In summary, incorporating joint movement exercises into your morning routine can have numerous benefits for your overall health and well-being. *(Please see the video link at the end of this document for a helpful demonstration)*

**Why not give them a chance
and experience the results for yourself?**





AWAKEN YOUR BODY AND MIND WITH SUN SALUTATIONS

This series of postures combines different movements that stretch and strengthen the muscles, while synchronising with breathing. Sun salutations are a dynamic way to start the day.





RAISING YOUR ENERGY WITH SUN SALUTATIONS

Practicing 10 sun salutations in the morning can have numerous benefits for both the body and the mind. Below are some of these benefits:

- **Improved circulation:** As the poses are performed, different muscles are activated and stretched, helping to increase blood circulation and wake up the body.
- **Flexibility and muscle strength:** With regular practice, you'll notice your flexibility improving, and your muscles becoming stronger and more toned.
- **Improved posture and balance:** The poses in the sun salutations work the stabilising muscles and enhance posture and balance. This is especially beneficial for people who spend a lot of time sitting or have back problems.
- **Increased energy:** By doing the sun salutations, the circulatory system is stimulated and the organs are oxygenated. This can help to boost energy levels and make you feel more alert and awake throughout the day.
- **Reduced stress and anxiety:** The fluid movement and mindful practice of the sun salutations can help release built-up stress in the body and calm the mind. The deep breathing and body-mind connection experienced during the practice can have a relaxing effect and reduce anxiety levels.
- **Improved focus and concentration:** This practice requires concentration and mindfulness in movement and breathing, thus enhancing focus.

Each individual may experience these benefits differently, so it's important to listen to your body and adapt the practice to your own needs and abilities. I recommend seeking guidance from a yoga instructor or following online tutorials to ensure you're performing the poses correctly and avoiding injuries. *(Please see the video link at the end of this document for a helpful demonstration)*



Enjoy the benefits of this beautiful sequence



BREATHE, RELAX AND REVITALISE

By taking a few minutes a day to focus on our breathing, we can achieve emotional balance, strengthen the immune response and boost our vital energy. Conscious breathing thus becomes a simple but transformative practice for our overall well-being.



CONSCIOUS BREATHING FOR WELL-BEING

Conscious and controlled breathing has numerous benefits for the body and mind. Below are some of these benefits:

- **Stress and anxiety reduction:** Deep and mindful breathing exercises can help reduce stress and anxiety levels. By focusing attention on breathing, you can calm the mind and the nervous system, leading to a feeling of calmness and tranquility.
- **Increased energy:** Proper and mindful breathing can help oxygenate the body and boost energy levels. By inhaling deeply and exhaling completely, blood circulation is stimulated, and a higher amount of oxygen is delivered to the tissues, helping to awaken and revitalize the body.
- **Improved concentration and focus:** Breathing exercises can be an excellent way to enhance mental concentration and focus. By focusing on breathing, you can break the cycle of distracting thoughts and increase mental clarity.
- **Improved lung capacity:** Practicing breathing exercises can strengthen and expand lung capacity. This can help improve overall breathing, increase physical endurance, and even enhance athletic performance.
- **Stimulation of the digestive system:** Deep and mindful breathing can also have a positive effect on the digestive system. Deep breathing gently massages the internal organs and stimulates digestion, which can help relieve bloating and improve gastrointestinal health.
- **Boosted immune system:** By breathing consciously and deeply, you can stimulate the lymphatic system and strengthen the immune system. This can help protect the body against diseases and improve overall health.

Breathing is a powerful tool that is always available and within everyone's reach. You can start with simple exercises, like inhaling deeply through the nose for 4 seconds and then exhaling slowly through the mouth for 8 seconds. As you become more comfortable, you can explore different breathing techniques, such as diaphragmatic breathing or the Wim Hoff method. *(Please see the video link at the end of this document for a helpful demonstration)*

Enjoy the benefits of conscious and revitalising breathing every morning





YOUR IDEAL MORNING ROUTINE FOR AN ACTIVE DAY

*Now that we've explored the practices and their benefits, it's time to
incorporate them into your mornings.
Follow these steps to start your day with an explosion
of well-being and energy.*



MEDITATION

20 minutes



You can search for a meditation challenge online or memorise and repeat the following prayer of Saint Francis of Assisi 10 times.

*Lord, make me an instrument of your peace.
Where there is hate, let me put love.
Where there is offense, I say forgiveness.
Where there is discord, let me create harmony.
Where there is error, I put truth.
Where there is doubt, I put faith.
Where there is despair, let me put hope.
Where there is darkness, let me put the light.
Where there is sadness, let me put happiness.
Oh Master, may I not seek so much,
To be consoled, how to console.
To be understood, how to understand.
Being loved, how to love.
Because by giving, you receive.
By forgiving you achieve forgiveness.
By dying, one is resurrected to eternal life.*

Feel how it calms and floods your mind and heart with positivity.

WRITING EXERCISES

10 minutes

Complete the following

How do I feel physically, mentally and emotionally?

What am I going to do today to feel balanced?

What goals do I want to achieve today?

Three things you are grateful for

Three positive affirmations

Joint Mobility

10 minutes

Follow the videos that guide you through gentle movements for your ankles, knees, hips, shoulders, elbows, wrists and neck. Vibrate and fill yourself with energy!



10 Sun Salutations

15 minutes

I have created a video for beginners and advanced. Make gentle, controlled movements with conscious breathing. Consult a yoga instructor if you have questions. Feel the mind-body connection!

Breathing exercises

5 minutes

Explore the power of breathing with the Wim Hof technique: Take 30 quick breaths, then hold your breath for as long as you feel comfortable. Then, inhale deeply, hold your breath for 15 seconds, and repeat three times.



TAKE THIS JOURNEY TOWARDS WELLBEING

In conclusion, a morning routine can have a significant impact on our daily life. By starting the day with healthy and positive habits, we set the tone for the rest of the day.

If you need help incorporating these healthy habits into your morning routine, I'm here to help. As a coach, my goal is to guide you on the path to a balanced and healthy life, providing you with the tools and support you need to achieve your goals. Together, we can create a personalised action plan that fits your needs and helps you achieve optimal well-being on all levels: physical, mental, emotional, and spiritual.

If you're ready to take the first step towards a positive change in your life, I invite you to contact me.

Remember, every day is a new opportunity to take care of yourself and live the life you truly desire. Don't wait any longer, start your transformation today!

I await you with open arms to help you on your journey towards a healthier and happier lifestyle. Contact me now, and together we will create the perfect morning routine for you.

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