



OUR MINDS MATTER

DELIBERATE THINKING

Morning Rituals

how to start your day the deliberate, resilient and mindful way!

Rhonda x

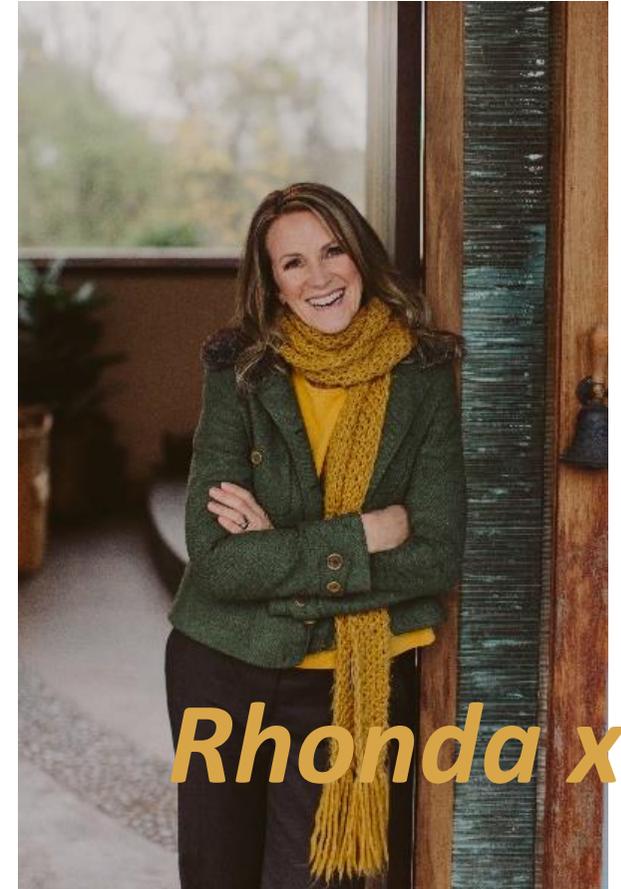
Welcome to the **Our Minds Matter** community, we're so excited about sharing some of our insights and revelations with you, so you can start living your life on purpose, with *de**liberate thinking***, now.

We're offering you a life changing tool to begin your journey to transformation. Because let's be honest, life is a journey. A process, a practice. Not a perfect. Accepting this is the first step towards being who you want to be, inside the life you deserve.

Deciding to take charge of my own life, shifted me from being uncomfortably average, at times numb, to calm, deliberate and empowered. I was burnt out after 25 years in the corporate world, living the life others expected – or needed – me to have, and regularly on meds to deal with the physical symptoms of my stress. So I leapt, became curious, studied, practiced, and practiced. I brushed off emotional cobwebs, accepted my relationship battle scars, ditched my self limiting beliefs, freshened my view of life... and took charge!

Now I'm super passionate about helping you "save your own life" too, or even just shift it from being 'not quite what you think it ought'.

You're already amazing, with so much potential. We hope that working through this workbook will be insightful, inspirational and most of all, transform your perception of your future. We invite you to curl up with a cuppa and delve deep into this and, hopefully, all three of our freebie-tools. Blessings, love and light to you!



Part 1 | our minds matter

We believe there are three things preventing us from thriving, from having that extraordinary life:

1. We're not protecting our attention.
2. We believe everything we think.
3. We're living in default mode.

Which means that we're living the lives that others expect us to have, accepting our state of chronic stress as normal or being the worst version of ourselves inside our most important relationships. Or we're trying so hard to give the impression of being perfect, and unable to cope when the going gets tough.

the knock on effect of living like this?

We're damaging our creativity, performance, relationships, physical health and mental health. Perhaps your dreams are being cast aside in the busy-ness, and addiction to busy-ness?

the reality?

“Life is bumpy, messy and full of uncertainty, we can't change what is going on around us. But most of us overlook the fact that we can change how we experience it. We are in charge”

the good news?

Whether you accept this yet or not, we know the solutions to these situations are within you.

What we do at Our Minds Matter is evocative because it expands your mind to gain awareness on how you are perceiving and therefore experiencing your reality – that’s illuminating the perceptions, feelings and values that sit lurking under the surface of your behaviours and choices. That awareness gives you control. That awareness helps you create your future, because your future is determined by your attention, your attitude and your action.

You can start designing your future, and living life on purpose!

Which is why we have developed mindfulness and resilience workshops and a coaching practice using a framework which cuts through the conceptual jungle of positive psychology and resilience theory. We use a coach approach to deliver very REAL, practical and transformative solutions. That you’ll actually come up with yourself! As soon as we become redundant to you, our job is done 😊

let’s get this journey started

Your journey starts with setting yourself up to have the best day, the ideal day, the day you deserve! Waking up and being deliberate about how you spend the first few minutes or hours of your 24 hour gift can be transformative for your mood, productivity and enjoyment of life! The focus, balance and ‘control’ that I enjoyed after I started – and practiced – a morning ritual everyday was extraordinary! Time to get started my friend!

Part 2 | introduction

What we do at the start of the day sets the tone for the whole day, and if you do each day right, you'll do life right.

What you do at the start of the day can enhance or hinder your quality of life, energy and health. It is so easy to wake up, feel the pressure of your never ending to do list, and immediately begin to react. I get it – the busy-ness very easily takes over our good intentions!

And often we give our attention away in the first few minutes of the day to our devices and react to overnight messages, react to social media and react to the first item on our calendar. This can very easily establish the mood we will carry for the rest of the day – and sometimes we haven't even out our feet on the floor!

On the other hand, the ripple effect of an *awesome* morning ritual is powerfully huge and there is no doubt adopting a deliberate morning routine can create spaciousness and beauty in your life and relationships.



what other (highly successful) people do

Establishing a morning routine and making this habit (so familiar that your body starts doing it before your brain realises) is a common trait of some of the world's most successful people. Research studies show that these people design an empowering and energizing morning ritual and stick with it. Each and every single day. Obviously, they don't all follow the exact same routine, but it is amazing how easily you can identify some common themes:

- ✓ Most wake up by 6am or earlier
- ✓ Many meditate, journal or read
- ✓ They eat a healthy breakfast or smoothie
- ✓ They hydrate by drinking a lot of water
- ✓ They exercise, or get some form of movement in
- ✓ They are religious about their ritual

Right now you may be shuddering at the idea of getting early and having a 'list' to follow. But hear me out – imagine having time in the morning to yourself when you can:

- invest in YOU, when you aren't interrupted by the phone, kids, TV or emails (can't guarantee the pets will stay out of your way though)
- learn something, nourish your limbs and organs, change the state of your nervous system using your breath and affirm just how bloody awesome you already are!
- dream - imagining your day unfolding perfectly, being deliberate about what time you'll be finishing work, and nourishing your mind by visualising your future – the one you want to have!

And you could even do most of it in you PJs!

a shift from I have to, to I want to!

The beauty of a morning ritual is that once you get going, the components of your morning ritual will become habit, it will become as easy and normal as brushing your teeth! Rather than being something you need to 'convince' yourself to do, it will be something you look forward to. You'll simply get up and get going, because you'll have given your mind, body and soul a taster of what a deliberate day can be like for you. You will notice the difference when you don't do it, you won't like it!

This shift is where you deliberately embrace everything the day has to offer. And start living on purpose, with purpose.

Part 3 | create your own morning ritual

This is something to have a play with – there is no one size fits all.

There are plenty of ideas that you could include into a morning ritual. That's not the hard part. Like other things in life, coming up with the idea is easy. It's the execution that separates us (Part 3!).

Here are some morning ritual ideas. One way to make your morning routine stick, especially at the beginning when its unfamiliar to you, is to have an easy to remember word that prompts you. That's why I have put these ideas in alphabetical order – think of this as a 'cheat sheet' to get you started so you can get creative with an acronym.

And we've left some space for additional ideas you may come up with.

A	Affirmations	E	Exercise – high intensity	J	Journaling	O	Observe (how you're feeling)	S	Sunshine	V	Visualisation of ideal day
B	Balance/yoga	E	Exercise – stretching	K	Kiss	P	Podcasts	S	Scribing	W	Water
B	Breathing	E	Earthing (2)	L	Listening to podcasts	P	Prayer	S	Smoothie	W	Walk
B	Blessings	F	Forgiveness	L	Love – express it!	P	Plan	S	State – choose yours!	W	Write
C	Cuddles	G	Gratitude	M	Mindfulness	P	Progress principle (1)	S	Sing	W	Weather report on self (3)
C	Coffee	G	Grounding (2)	M	Meditation	Q	Question (get curious)	T	Ted Talks	Y	Yawn & stretch
C	Compassion	H	Hydrate	M	Movement – Thai Chi?	R	Reading	T	Tea	Y	Yoga
D	Diaphragmatic breathing	H	Help someone	M	Mood (set for the day)	S	Stretching	T	Thai chi		
D	Dream	H	Hum	N	Nutrition	S	Silence	V	Values – reaffirm		
D	Deserve (“I deserve to ...”)	I	Intention (set for the day)	N	Newspaper	S	Snuggles (pets or family)	V	Visualisation of your future		

(1) Progress Principle

This is a conclusion from a Harvard study concept that concludes that progress is made when we take small steps every day towards our goals and dreams, rather than tackle them in one big hit. So what can you do today, even if only for 10 minutes, to progress towards your goal?

(2) Grounding

Grounding, or earthing, is making time to walk barefoot in the grass or sand or bush so that you connect with the earth's energy. Sound nuts? The research demonstrates that direct contact with the earth restores and stabilises the bioelectrical circuitry that governs our physiology and organs, recharges and thins our blood, enhances immune function, and powerfully and quickly knocks down pain and inflammation. The degree to which this resource nourishes, protects, and heals is substantial, and of great medical significance. Check these videos out:

[What is Earthing?](#)

[Earthing Documentary](#)

(3) Weather Report on self

I love this! I can see another acronym brewing just so I can include a W!! I was first introduced to this by my friend Karen Ross, Start with You.

Each morning, tune into four aspects of self: tune into your physical self, emotional self, mental self, spiritual self, one at a time. Ask each of your 'selves': How are you? What do you need?

Until we are acknowledging, nourishing and living through all aspects of ourselves, we're not truly resilient and not fully empowered.

Here are some examples of acronyms to make a morning ritual memorable.

morning BAGELS

This is what I created to help me work through my routine until now, I don't have to think about it. It's just what I do – most of the time 😊. I tend to incorporate the B, A and G into a morning meditation. And often I am doing my 'learning' while I am exercising – by listening to a podcast or Ted Talk as I walk or run.

B – breathing

A – affirmations

G – gratitude

E – exercise

L – learning

S – anything I feel like on the day – stretching, sunshine, scribing, snuggle, space...



The next page gives you an outline of what I do inside each of these delicious spaces I create for myself.

B stands for Breathing	Breathe into your stomach and set a rhythm for your breathing. 3 seconds in, 4 seconds out. See if you can extend your exhale to be longer than your inhale. Do for 20-50 cycles.
A stands for Affirmations	By saying the same things to ourselves everyday they become familiar and we like what is familiar. Our brain doesn't even care whether they are true/false, right/wrong, good/bad. Just make them positive!
G stands for Gratitude	Identify 3 things you are grateful for about your life, 3 about work and 3 about yourself. Send some love and compassion and appreciation your own way! Write them down if you can...
E stands for Exercise	Take some time first thing in the morning to get moving. You could stretch, walk the dog, chase the cat, get some sunshine and/or fresh air. Even doing a cycle of 10 sit ups, 10 lunges and 10 push ups will help maintain muscle mass.
L stands for Learning	This may take the form of a Ted Talk a podcast or reading. Either way, for me, it's about getting my brain active. PS I often combine exercise and learning by watching something on YouTube while on the treadmill! Too easy!
S stands for S (something).....	Stretching? Sex? Snuggle? Scribing? Sunshine? Space for ...?

I AM THE BRAVEST

This is another play with the same theme. Once I had ‘eaten my morning bagel’ for a year or two, I decided to mix it up a little, to change the duration of some components and swap some out. For example now I choose to do a gratitude practice at the end of my day, so I replaced G for gratitude with V for visualisation.

B – breathing
R - reading
A – affirmations
V – visualisation
E – exercise
S – snuggle
T - tea



SPACE

A previous participant on one of our weekend workshops invented her own during the workshop. How proud was she!?

S – silence
C – cuddles (with anyone or a pet!)
P – planning her day
E – exercise
A – affirmations

Life SAVERS

Hal Elrod of *Miracle Mornings* fame, created Life SAVERS for his morning routine.

S – silence

A – affirmations

V – visualisation

E – exercise

R – reading

S – scribing (writing)

THE INTERNATIONAL BESTSELLER



THE 6 HABITS THAT
WILL TRANSFORM YOUR
LIFE BEFORE 8AM
HAL ELROD

How we start our day determines how we create our life. Are you snoozing through your morning... snoozing through your life... and snoozing through your unlimited potential... Or are YOU committed to waking up each day with passion, purpose, and a plan so you can create the life you truly want & deserve?

Hal Elrod

Part 4 | finding the time

Hopefully you've made up a word that suits you and your intended morning practice. The next steps?

1. **Finding the time...** (this part, part 4)
2. **Making it stick!** (part 5)
3. **What more do you need?** (part 7)

Think about how easily you can build a morning ritual and incorporate it into your already hectic schedule. It may be easier than you think.

And remember if we start our day right, we live life right – so that 'hecticness' which is an excuse for not waking and living deliberately, is more than likely going to disappear as you create calm and space in your life through following a morning ritual.

It starts with making a habit of getting up at the same time every day. Waking at the same time does wonders for your circadian rhythm. Once this becomes habit you may find you wake at the right time without an alarm – don't rely on it if you're hoping to make an early flight though!

Finding the time may be a challenge. But as I can attest, even committing a minute to each component each day will make a difference. It's always going to serve you better to do the same things every day even if for only a minute, than to do them once a week for 5 minutes. The aim is to create habit.

Think about this – if we use the BAGELS acronym:

- ✓ 1 minute of deep delicious belly breathing
- ✓ 1 minute affirming to yourself that you are enough, you are worthy, you deserve to be loved (or other such affirmations)
- ✓ 1 minute thinking about all the things you have to be grateful for, or someone to whom you are grateful
- ✓ 1 minute doing push ups, sit-ups and/or lunges
- ✓ 5 minutes listening to an inspirational or informative youtube clip or reading a chapter of a motivational book
- ✓ 1 minute snuggling with your partner or scribing in a journal – how are you feeling, what are you thinking, what do you need right now?

Total 10 minutes. Everyone can afford to wake up 10 minutes earlier. Agree?

If you don't, I invite you to think about what is the barrier to you deliberately starting your day the best way you can? What is taking priority over your health, productivity, relationships and state of calm? Should it be taking priority? What can you do to shift this barrier? What support do you need?

Perhaps you need to get that fabulous morning ritual 'inside your comfort zone'. Part 5 is perfectly timed!

Part 5 | make your ritual habit

This is about making it sticky. There are a few things to try here:

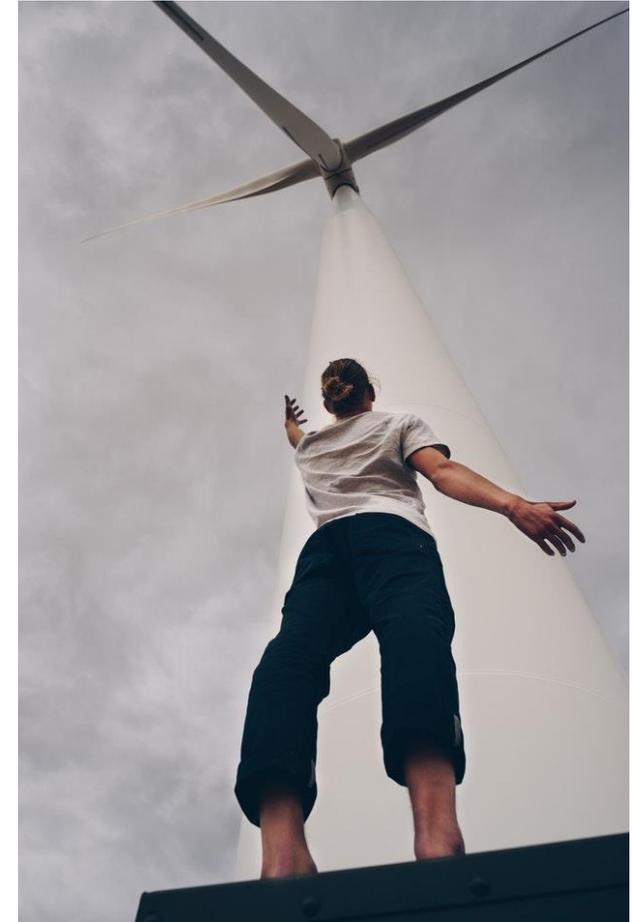
1. **Mel Robbins 5 second rule.** When that alarm goes off you need to intervene and act before your brain tries to convince you to stay under the duvet. Think of yourself like a rocket and count backwards 54321 to blast off and avoid the habit of hesitation.
2. **Habit stacking.** Start small. Attach one component of a morning ritual to an existing habit – for example, do 1 minute of exercises while your shower water warms up, or think of three things to be grateful for while you brush your teeth. Then, once your new habit has formed, stack another into the routine, so that eventually you'll have a little string of delicious 'somethings' you do every day.
3. **Tell someone**, ideally the person who may be under the duvet with you. Or have an accountability buddy – text and check in on each other to make sure you're both out of bed ready to start your amazing deliberate day.
4. **Your reward?** When the alarm sounds, remind yourself of the reward of starting your day right – anything from living your dreams, protecting your attention, getting fit and healthy, getting out of autopilot mode...
5. **Schedule it.** Put in your diary. Write it down. Create a group at work to help hold each other accountable.

Part 6 | tips

- ✓ Don't forget the golden rule - wake up at the same time every day!
- ✓ 1 minute for each part of your routine every day is STILL better than making a longer routine irregularly.
- ✓ The order in which you actually do things is not important – what is important is you carve out the time to help set you up and maximise the awesomeness of your day!
- ✓ It's hard, so don't beat yourself up. It doesn't matter if you miss a day.

Missing a day does NOT mean all is lost. You just TRY AGAIN TOMORROW!

- ✓ Ideally, keep your phone out of the bedroom. I can hear your cursing me from here, but I'm ok with that! It's simply too tempting for most people to reach for the phone as soon as they wake. You'll give your attention away to 'issues', get absorbed in reacting to what's happened on social media and most likely not be deliberate about your morning ritual.



Part 7 | next steps for you

If you've found this chapter useful, and you'd like to learn more about shifting from stressed and disconnected to calm, deliberate and productive, then please get in touch!

FIRST – congratulate yourself for taking the responsibility of creating and living your own life seriously!

SECOND - if you haven't already done so please connect with us on [Facebook](#) and let us know how useful this tool was for you, what impact this has had in your life journey.

THIRD – for more information about what we offer, and if you're interested in finding out how you or your team may benefit from more mindfulness and resilience, visit our [website](#) or email me Rhonda@ourmindsmatter.co.nz or call me directly (+64 21 963 793). I always love talking with people interested in learning more about themselves!

FOURTH - if you are ready to move to the next level, to shift from stressed and disconnected, or simply comfortably numb and you need *more* than another self help book, coaching may be a good next move. Please pick up the phone (+64 21 963 793). You can find out more about what coaching we offer [here](#).

Rhonda Parry

Coach | Facilitator | Speaker

I'm a professional coach in Transformative Coaching

I'm a member of the ICF International Coaching Federation.

I'm a qualified mindfulness practitioner (Ovio)

A graduate of the MBSR (Mindfulness Based Stress Reduction) programme

A graduate of the Positive Psychology Realizing Resilience Masterclass

And I'm a chartered accountant in there for good measure!

I'm also a mum, a wife, a sister, daughter and friend. Perhaps, just like you. I yoga, garden, run and make chutney. I'm a self-confessed addict to personal development, learning the science and research behind why we do what we do when we know what we know!



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With gratitude,

Rhonda x

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