

THE *choose happy* MORNING ROUTINE

10 powerful actions to help
cultivate a positive mindset
in the mornings

THE CHOOSE HAPPY MORNING ROUTINE

choosehappywithmarie.com

Hello! Thanks for downloading this guide with bonus affirmations from the **Choose Happy affirmations card deck**.

There is so much negativity in the world right now that it can be challenging to have a positive mindset.

Persistent negative thoughts can become consuming affecting our mood, our personal relationships with others, our work performance and more.

This guide will give you 10 ideas you can easily do in the mornings that can help you start your day with positivity.

Simply put, if I was tired of getting up in the morning with no motivation and I had persistent negative thoughts right from waking up and, I was giving to my family from the moment of waking up - these are the To Dos that I would put into my morning routine [actually, this is my morning routine in place today!]

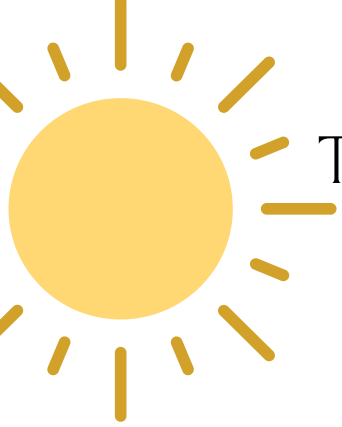
Let's set ourselves up to live our best life - every morning - with these 10 simple yet powerful actions.

Are you ready to choose happy today?

Let's dig into the **Choose Happy Morning Routine!**

Cheers,

Marie 



THE CHOOSE HAPPY MORNING ROUTINE

Today, I choose happy!



Start with one action, add another the next day and so on. See which ones resonate with you and with the time you have available in the mornings. These actions can help empower you with energy, peace, hope and happiness for living your every day life.

- ☐ **Do not scroll social media**
Or, check your email or notifications- that can wait until you've had your morning routine. Exception: If you're waiting for a message from a loved one.
- ☐ **Display something positive**
An inspiring picture, art, quote or affirmation where you will see it when you rise from your bed (i.e. Choose Happy affirmation card deck)
- ☐ **Listen to music**
Select upbeat or relaxing music, depending on what makes you happy
- ☐ **Meditate, pray, journal, gratitude, affirmations**
Connect with yourself by sitting quietly and listening to your inner voice
- ☐ **Shower/Bath**
Use products that make you feel good
- ☐ **Glass of water with morning beverage**
And, eat a nutritious breakfast
- ☐ **Pick clothes that you feel good wearing**
How we dress does influence how we feel
- ☐ **Apply makeup, style your hair, wear favorite jewellery**
Taking the time to take care of ourself helps us be the best version of ourselves
- ☐ **Plan your day**
Review appointments, make a short to-do list with important tasks, including tasks that you want to do as well.
- ☐ **Move your body**
Stretch, go for a 15 minute walk (weather permitting), or go to the gym.

If you have any questions, send me an email: marie@choosehappywithmarie.com

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FROM WAKING UP NEGATIVE TO FEELING POSITIVE

Here's what's really happening when you follow the **Choose Happy Morning Routine**.

You have time for YOU!

No more "hoping" you will have time and energy at the end of the day for you.

And yes, waking up earlier to do this is 100% worth it!

These actions help to ditch the negativity because you are doing positive activities.

And when you're busy doing positive activities, what do you think will happen with your thoughts?

That's right, positive thinking!

Even if you don't feel like doing some of the actions, do them anyway.

Sometimes we have to 'nudge' ourselves, especially when we're stuck in negative thoughts.

And now for the bonus affirmations from the **Choose Happy affirmation card deck** ... see next few pages.

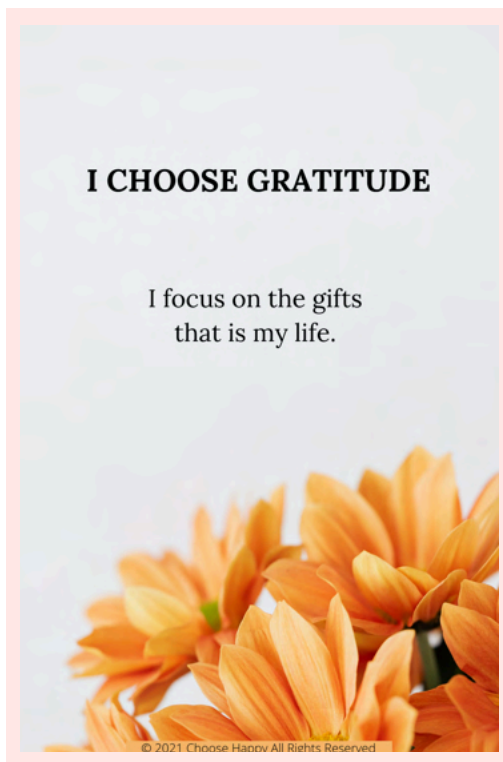
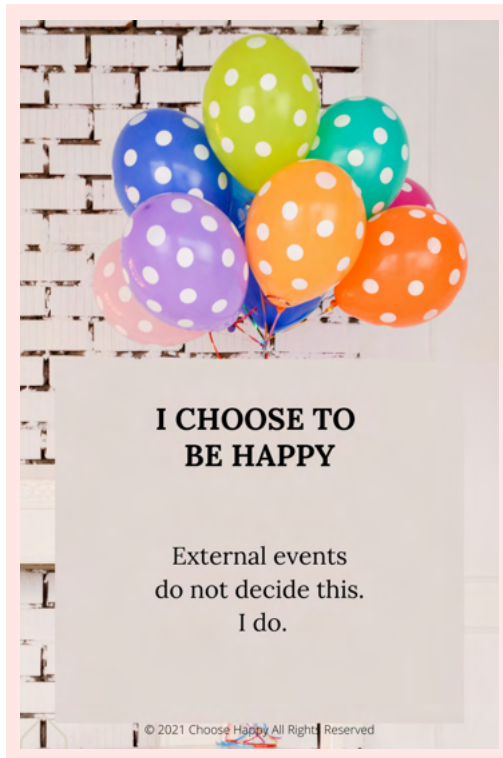
Any questions, just reach out.

Cheers,

Marie 

Choose Happy *with Marie*

Here is your Sample Pack that includes 3 cards from the
Choose Happy Affirmation Card Deck + 2 NEW affirmation cards! 😊



Suggestions for use:

- Find a quiet moment in your morning routine, choose a card and take inspiration from the topic.
- Take 3 deep breaths - inhale, hold and exhale.
- Repeat the affirmation 3 times with clarity & loving confidence.
- Ask yourself, "*What action can I take today aligned with this affirmation?*" Trust the answer and follow through.



Choose Happy *with Marie*

NEW!

I FORGIVE MYSELF

I am human and I make mistakes,
just as we all do.

I choose to see it as a learning
opportunity.



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NEW!

I FOLLOW MY CURIOSITY

It is the first step on my path to
discover who I really am,
what my purpose is, and
what feeds my soul.



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Thank you

I hope this sample pack has given you a taste
of how the Choose Happy affirmations can
empower you to live your best life, every day.

You can purchase the Choose Happy
Affirmation Card Deck and cedar wood stand at:

www.choosehappywithmarie.com

With love,

Marie 