

morning routine.

morning guide to a magical day



SORELLA SUNLESS

morning routine.

Hello you beautiful, angel!

Are you ready to be introduced to some morning magic!? Adopting a morning routine is an AH-MAZING way to take control and create a day that is everything you want it to be! Remember a day turns into a week, turns into a month, turns into a year!

Changing your morning routine can and will shift your entire life! I know this is a bold statement, BUT it is the truth and if you're willing to give it a chance, I can promise that it will only serve you in an amazing way!

When I say that it will change your life, what I mean is that if you consistently follow a morning routine, it will change your experiences during the day to benefit you. Why? Because through a morning routine you will set intentions for the day and follow practices that will only set you up for a positive outcome. Not only that, it will bring you closer to your desires. How's that? Well you will actually HAVE the time to reflect and decide what it is that you want. Maybe it's a new job, a significant other, a new business idea, a promotion - whatever it may be you will be given specific opportunity every morning to reflect on your desires. Sadly most people are lost in the shuffle of a busy life, lack of reflection that they wake up and realize somewhere in their 30's/40's that they are doing things and living a life that are completely out of line with their hearts desires. ALL because they thought certain things weren't possible for them! News flash you beautiful angel, ANYTHING is possible for you - those desires you have were placed in your heart, unique to you for a reason. DONT let this be you! The good news, is that at ANY point you can change and shift to better your life! All it takes is for you to decide!

Most people wake up, "hoping for the best" and their day turns out kind of random filled with some good and some bad experiences. But the beauty here is that we can actually set the intention for our day and dictate exactly how we want it to go. It's safe to assume that all of us want to have amazing, kick ass, productive days, filled with things that serve us and make us happy!

Most people don't FULLY get that we have the power to decide what we want and from there the universe will work to deliver. But first we must DECIDE! We cannot leave it up in the air because it will most often only turn out random. Why have random when you can have amazing baby girl!?

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The first step we must take is setting the time aside EARLY in the morning! Yes beautiful, that means waking up 45 mins to 1 hour earlier than you usually do! I know for many sleep is a prized commodity, especially for all the moms out there, but I can assure you that you will end up looking forward to waking up to the early to have that alone time after the first couple of days!

You will see that this option will serve you so much more than waking up 20 minutes before you have to leave to the 12th snooze on the alarm, only to rush into the shower and get ready super fast! No Bueno, hunny!

You will give yourself the opportunity to get clear, and without all the chaos!

Below is the morning routine and I must make a note that this routine should be done BEFORE you scroll through Instagram, Facebook, or watch the news! Why!? Doing those things FIRST feeds your subconscious mind whatever it is that you saw and ultimately negatively impacts you and your mood.

For example, a sad story on the news immediately lowers your vibration before you have even started the day! That will then transfer over into the rest of your day and negatively impact you! I personally choose to not watch the news because of how low vibe it really is! Or you see an Instagram story that rubs you the wrong way. Again, baby girl, setting you up for a low vibration that don't serve you!

Take the time do follow a morning routine that will set you up for something bigger and BETTER!

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Wake up: 4:30/5:00

That's right hunny, the early bird gets the worm! Depending on your work schedule - I suggest waking up 45-1hour earlier than you normally would to allow yourself time. I find that waking up at 4:30/5:00 is a powerful time for me to start the day. I know the thought of this is scary and intimidating but I am here to tell you that this is an amazingly powerful time of the day - particularly because your subconscious mind is most receptive. Whether we want to realize it or not, our subconscious mind is always at work, and why not make it work in your favor and feed it things that light us up! Not only that, but it's peaceful, and quiet! This allows you (especially my moms out there) to have the ALONE time that will help create clarity.

Give Thanks:

Gratitude holds so much power! God/Universe loves you and wants you to have all that your heart desires! The more you show gratitude for that which you already have, the more you will see your desires come into your reality. Even if you currently don't have much to be thankful for, be thankful for the air you breathe, the space you slept in, the weather, your hands, feet, mouth, anything and everything! Showing gratitude will raise your vibration immediately and make you feel good, pretty lady! Soon your eyes will see so many amazing things to be thankful for. The better you feel, the more amazing things can happen for you!

Make Bed: 4:30-4:45

That's right angel, make your bed!

The first thing I suggest doing AFTER opening those pretty little eyes and giving thanks to God/Universe for all that you are grateful for in this beautiful life of yours, is to make your bed! I know it may seem strange, more like a "chore", but what it will be is a task that you have successfully completed first thing in the day!

After completing this task it will make you feel good, and importantly accomplished! Woo! Feeling good and accomplished first thing will propel you to complete another task, and then another, which will ultimately lead to a day of extreme productivity which feels REALLY good!

Pro Tip: Make your bed so cute, cozy and fun that you WANT to make it! Marshall & Homegoods are where it's at for all things cozy & cute (I know you already know, hunny!)

Shower & get ready: 4:45-5:30

I can NOT stress this enough!

When you look good, you feel good and you ultimately end up doing good! I'm talking really good! I highly recommend getting up & getting ready for the day, baby girl!

Even if you are just spending the day cleaning the house, I can assure you, you will clean it way better and with way more enthusiasm if you look good doing it! Waking up, showering (not just throwing on whatever) and getting ready right off the bat is a feel good action!

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Showering in the morning is another “task” that you will have completed that feels really good - even if for some it is daunting! Shower, put on some pretty lotion, body oils, perfume, do your hair and fresh makeup can ONLY make you feel like the damn queen that you are! I promise it will become routine and feel so good that you will have no choice but to do with pleasure each day!

Like is said, when you look good, you feel good which will lead you to do good, AMAZING things in all your days! When we do good things here on our journey we are divinely reaching out highest purpose here on earth! And THAT is a mission accomplished!

Read: 5:30-5:40

Spending 10 minutes reading a book filled with inspiration, hope and badass advice can and WILL light your fire for the day! Starting the day being fed knowledge that will make you feel like SO much is possible for you will create a very high vibe baby girl! Check out my book suggestion on the free content sections of my website. Choose any of these books, most can even be downloaded on ibooks so you ALWAYS have access to it!

Changing the way you use your time in the morning is a necessity to getting to where you want to be! There are a variety of amazing practices that you can do to make your morning so MAGICAL!

Engaging in morning rituals such as visualizing, meditating, affirming and journaling, is P.O.W.E.R.F.U.L. These things can be done ALL in one morning or you can pick what FEELS best for you! Doing what feels exciting to you that morning is the path you should take. It's TOTALLY fine if you gravitate towards liking one or two more than the other. BUT give each a shot and make your rounds doing all on a rotation!

In the morning our subconscious mind is far more open and willing to receive than it is midday. Opening your mind up to visualize your success first thing in the morning is a great way to feed your subconscious with all your desires without rejection.

Visualizing is an amazingly FUN ritual that can help bring your desires closer to you. Put on some relaxing, feel good music and use your mind's eye to see and feel as though your desires are already here! Picture yourself doing whatever it is that you desire. Feel those feelings of your desire. Let your mind go to a place where you feel as though your desire is already here!

Meditating either in silence or guided is a great way to clear your mind. Clarity provides peace & calm. Starting your day with a clear mind, free of clutter and unwanted thoughts allows you to go forward with your day without anything holding you down. Using apps can be very helpful in the meditation process. Insight Timer is an App I use most often that provides a variety of meditations!

Affirming your desires by reciting or writing is also a powerful way to bring your desires to you. When you affirm your desires consistently you are placing them in your subconscious mind. Your subconscious mind will get to work trying to bring about them to you in the fastest way possible. When you constantly feed it the same affirmation everyday, it will sink in and work faster! The beauty of this is that the subconscious mind is most receptive in the morning.

Journaling is a fun way to get your desires out on paper in front of you. Journaling can entail you setting intentions, scripting, writing your affirmations, or brainstorming creative ideas that come to you. Anything at all that allows you to write out thoughts and feelings that align with your desires.

I choose one to two of these rituals each morning & every morning is different! Go with what feels best to you for that day.

Organize Your Day: 6:30-7:00

I am a firm believer in an organized day! When you have a clear plan and checklist you can make amazing things happen! The less organized = the less of a plan you have = the more random and unproductive your day is = lack of fulfillment! Doesn't it feel good going to bed knowing you made progress (even if it was cleaning the house, or folding all the laundry?) HELL yes it does!

Writing down what you want to accomplish by the end of the day is the first step to getting it done! Create a plan (checklists are my FAV) that will get you there! As the day goes on and you assess your progress checking off what you have completed! I can be as simple (or complex lol) as cleaning your room or house! As you go, you will feel good! You will be making progress and things will be happening for you and not TO you! You are now in control!

"A dream written down with a date becomes a goal. A goal broken down into steps becomes a plan. A plan back by actions makes your dreams come true."

Coffee & Podcast

As your get moving on with your day, it is important to keep the vibe high! As humans we innately are always striving to be better. The better we are/feel the more fulfilling life is. It is critical that we take the time to invest in ourselves and understand that the more progress we make the more success we have and the richer our life will be!

On your morning commute or while you're folding laundry drink some beautifully made coffee and listen to a podcast or training program that inspires and motivates you! Doing this will feed your momentum for an amazingly bad ass day, baby girl! Remember the better you feel - the higher vibration you are on, which means you will attract other high vibe amazing experiences!

There you have it, angel! A morning routine that will reignite your life in the most amazing way! If you're willing to do the WORK (pushing your pretty little bum out of bed way earlier than everyone around you) and consistently taking the time to practice these morning rituals, then you will make a shift that will better you from the inside out!

All success starts from the inside - if you know you're meant for more and want the most you can possibly get out of life, take the time to challenge yourself. Set yourself apart from the rest! Get into a routine that sets you up for amazing opportunities. If you show up, then God/Universe/Your higher power will deliver.

I am certain that if you remain consistent in these rituals you will be in a completely different spot physically/spiritually/mentally/emotionally by this time next year!

I am so excited for you to begin!

I love you angel! You've got this!

XO,

Kaleigh