THE THE Ton PROJECT Ton



### Creating Joy - On Purpose

You don't need to overhaul your life. You just need to meet yourself, gently, every day.

Whether you have five minutes or five hours - starting your morning with intention will set the tone for the day, anchor you into yourself, and light a spark in your soul.

This is my personal joyful morning routine - I'm a working mama who loves her sleep, so if this can get me energised at the crack of dawn, it can help anyone!

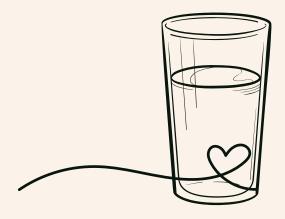
This takes me approximately 30-45 minutes, but it can be shorter or longer, depending on how much time I have, how long I overslept, and whether my daughter is calling for her breakfast yet - make it your own!

Joyful Morning

Wake and Hydrate like it's your first day on Earth

### Good morning, you radiant being!

- Drink a full glass of water (bonus points for lemon or mint).
- Splash cold water on your face.
- Smile at yourself in the mirror or pull a silly face at yourself seriously, this sends magic signals to your brain.

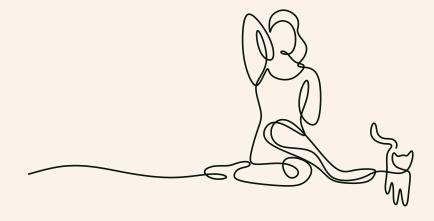




## Stretch, Flow, or Just Breathe

### Let your body feel the morning, not just survive it.

- Look outside whatever the weather is doing, notice it, be grateful for another day, and smile.
- 5-10 mins of gentle yoga (sun salutations, cat-cow, hip openers).
- Short meditation select a word or affirmation to guide your day.
- Take three really deep breaths to send fresh oxygen around your groggy body and brain.



Coffee and Clarity

### Caffeinate the soul, not just the bloodstream.

 Select your morning beverage of choice and make it with intention - notice the movement of your hands and marvel at how well you're performing this routine that you usually do without thinking - you're pretty amazing, you know!

#### While sipping write down:

Your top pric	ority for the day	
Your top prid	ority for the day	

# Creative Misper

#### Fuel your inner fire before the world demands your spark.

- Or have a five-minute 'creative burst' draw, colour, write, reflect, dance whatever fuels your creative fire.
- Reflect

0	How do you feel today?	

• What do you need today?

Make it Magic

#### Optional additions for the season of your life.

- Pop a post-it note affirmation on the mirror: something inspiring, joyful, and totally YOU,
- Lay out clothes the night before so the morning feels like a performance, not a panic.
- Create and name a morning playlist filled with songs that spark your soul listen to it while you get ready for the day.
- If you're waking up another person, do this with a hug (regardless of the response!)
- Listen to an inspiring audiobook or podcast while you walk, drive, commute, or begin your daily tasks bonus points if it's something completely different to your usual earworms.

Step into your day with joy - on purpose.

