

# FINDING MASTERY'S MORNING MINDSET ROUTINE

THIS MORNING MINDSET ROUTINE WILL HELP YOU FRONT LOAD TRAINING MENTAL SKILLS SO YOU CAN BE YOUR BEST EACH DAY. PSYCHOLOGICAL SKILLS ARE CRITICAL TO BEING IN THE PRESENT MOMENT MORE OFTEN.

YOU CAN DO THESE STEPS RIGHT FROM YOUR BED. EACH WILL HELP YOU ACTIVATE YOUR MIND, REDUCE STRESS, AND START YOUR DAY IN CONTROL AND WITH INTENTION.

## Step 1: Take One Purposeful Breath

- Before engaging with the world outside you, take a breath followed by a long exhale that's about twice as long as the inhale. A five second inhale would be followed by a ten second exhale.
- Breath in-and-out through your nose.
- A long exhale sends a message to your brain that you are safe.
- Fill your entire lungs by starting at the bottom of your lung and move upward from there.

## Step 2: One Thought Of Gratitude

- Scientific research shows gratitude precedes joy and happiness.
- Start by choosing ONE thing that you are deeply grateful for and call that image up in your mind. Really feel it.
- This is about the experience of being grateful, not a list of things you are grateful for.

## Step 3: Set An Intention For Today

- Create one intention. An intention represents a commitment to carry out an action in the future.
- This is NOT about setting goals for the day. It's about using your imagination to see yourself being your very best later in the day.
- Pick a word that captures how you want to be and then see yourself living into that.

## Step 4: Be Present

- Take a moment to be where your body is.
- Being present when your mind and body are in the same place, focused on the same task.
- When you're present, you're not thinking about the past or the future.

**MAKE THIS ROUTINE A HABIT**  
MAKE A COMMITMENT TO YOURSELF THAT YOU'RE GOING TO  
WAKE UP YOUR MIND IN THIS SPECIFIC WAY, EVERY DAY.



*Scan for an audio guide*

