

Tools for the Daily Walk – Morning Spiritual Practice

As a coach it is essential that we provide the tools and accountability for our clients to form the daily habit of having a spiritual practice. Science and scripture both show that a routine that includes **gratitude, affirmations, visualization, meditation, and reading** improves both mental and physical health.

Instead of allowing the news, TV, computer, or overall chaos of life to set our perspective, a morning routine takes back the control of our mind and establishes the direction of our day.

Establishing this practice daily will build a **success habit** and a **mindset of success.**

Research also shows that only ten minutes of daily meditation **increases the grey matter** of the brain. Gyrification (folding) of the brain associated with **memory also increases.** Only eight weeks of mindfulness meditation showed *decreases* in brain cell volume in the amygdala; responsible for fear, anxiety, and stress. **Bottom line...better brain function, less stress greater peace of mind!**

Tips to help your client create a new morning routine:

1. Commit to **21 days** of doing a morning routine before judging its effectiveness.
2. Establish a **regular sleep schedule.**
3. Create space for it, **Set alarm** at least one hour earlier than usual.
4. Follow a **set schedule** to develop the new habit. Use a **timer** as a reminder.

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Tool #1: Sleep

Studies are showing the most important thing an individual can do to protect their brain, keep a healthy immune system, and enjoy longevity and quality of life is sleep. Here are some tools for a good night's sleep:

1. Establish a regular bedtime as much as possible.
2. Sleep in a dark room without electronics (put your phone in another room. Use a battery alarm clock).
3. Avoid looking at electronic screens or TV at least 1 hour before bed.
4. Warm your body temperature with a warm bath or shower and warm drink such as chamomile tea.
5. Apply magnesium spray into armpit right before sleeping.

Tool #2: The Power of Habit (reduce the number of decisions you make)

Most individuals have a degree of decision making fatigue. Interruptions, distractions and constant multi-tasking bombard our brain with information and requests for actions and decisions. Studies show the more decisions we have to make the worse we get at decision making. Reducing the amount of decisions and choices will reduce the amount of energy being required of your brain and improve the quality of decision or choice.

- Plan your day the night before
- Simplify your choice of clothing (some high performers reduce the number of clothing choice by having a personal uniform)
- Do the same things at the same time each day
- Use a timer or reminders on your phone

Tool #3 Use a planner or template such as the Prosper Daily Plan™

An example of a 30 minute morning spiritual practice could include:

- **5 minutes - silence** (I enjoy doing yoga stretching).
- **5 minutes - gratitude** - List 5-10 new things you are grateful for.
- **5 minutes**- Write & say goals/affirmations. Use the positive present tense. Start with "I AM". Use in combination with visualization or looking a vision board as you speak them.
- **10 minutes - Read** from scripture or a positive book.

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- **5 minutes - Meditate and pray.**

Note: Add 15 minutes of exercise & incorporate additional sections or more time to each as you become accustomed to the habit.

What is Coaching Success?

- Client understands the importance of having a morning spiritual practice.
- Client has chosen a tool (e.g. the Prosper Daily Plan) to stay on track.
- Client begins journaling.
- Coach reviews any difficulties or challenges in keeping a morning practice and creates a plan workable for the client.

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