



Morning Routine for Self-Care & Motivation!

My NEW Day!

Date/Day: _____

Center Yourself!

- Meditate (2 minutes)
- Read a Devotional (3 minutes)
- Gratitude Journal (3-5 minutes)

Stretch (not 'flex')

- Sprawl out fully in bed, stretch gently. Let oxygen flow through your body. (2-3 minutes)

Self-Care

- Brush hair, wash hands, brush teeth, wash face, look in the mirror, say Good Morning to You! (5 minutes)

Nutrition

- Drink water, eat a light breakfast, take any medicines or supplements, enjoy your Routine Reward of Your time for Coffee or Tea! (15-60 minutes)

Plan & Organize Your Day

- Have your Planner, Journal, Calendar in front of you to review and add to how you want to do your day and what you want to accomplish. (10-30 minutes)

What I can control today.

1. _____
2. _____
3. _____

What I can't control today.

1. _____
2. _____
3. _____

3 Things that I would like to Do, See, Feel, Learn, Teach, Share * today!

1. _____
2. _____
3. _____

♥ "I can set Goals for myself. I will set small, manageable goals. This will help me to **Get and Stay Motivated!** If the thought of doing anything starts to feel overwhelming, I simply start small. As I meet my goals, I can add more if I want or need to, until I achieve all of my goals!" ♥



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Reaching People... For People

Suggested Steps to Get You Started and Keep You Focused!

<https://www.healthline.com/health/depression/depression-motivation-tips>

- 1. Get out of bed and out of pajamas.** The simple act of getting up is a good first victory of the day. Leave a few sticky notes with positive affirmations where you can see them, such as: “Yes, you can do it,” “Every long journey starts with one step,” or “Never give up!” Your brain digests whatever thoughts you create, so feed it positive ones.
- 2. Go for a walk.** Exercise helps your body release endorphins, the feel-good hormones. Exercising for at least 35 minutes a day, 5 days a week, can improve symptoms of mild to moderate depression. It may also help treat more severe forms of depression. In another study, four weeks of aerobic training were found to improve symptoms of depression.
- 3. Get your hands dirty to get a mood lift.** A study showed that a certain type of bacteria found in dirt *may enhance* the production of serotonin. Serotonin in turn helps decrease the symptoms of depression. Bacteria found in fermented foods, such as yogurt, can also enhance moods by reducing anxiety and potentially improving symptoms of depression.
- 4. Don’t overschedule.** Congratulate yourself for every task or goal you complete, no matter how small. If you can only accomplish one or two tasks, that’s fine. Congratulate yourself for every task or goal you complete, no matter how small. That will help improve your confidence and sense of motivation.
- 5. Avoid negativity.** Your brain digests whatever thoughts you create, so feed it positive ones. Reading the news or surfing the internet, talking to people who leave you feeling drained and negative, or revisiting sad topics —these activities can all have an impact on your mood and motivation. Instead, focus on feelings of gratitude. Read uplifting content and surround yourself with positive people.
- 6. Stick to a routine.** The sense of having accomplished daily tasks will promote a sense of well-being. Write down your routine, stick it on the wall or somewhere you will see it, and use check marks when you’ve completed tasks. The sense of having accomplished daily tasks will promote a sense of well-being and inspire you to aim higher each day. You could also keep a journal as part of your routine. Journals are a good place to dispose of negative thoughts and make room for the positive.
- 7. Socialize.** Choose positive relationships, encourage people to socialize with you when you feel up for it, and give volunteering a chance. Helping someone in need will improve your mood and increase your motivation to get out of bed the next day.
- 8. Create a support network.** Have a support network on standby for when your motivation runs out and you feel overwhelmed. Choose people you feel comfortable talking to and who can help provide encouragement.
- 9. Get enough sleep.** Depression can be physically draining. Sleeping too much or too little affects your mood. Aim for 8 hours a day.

Depression and motivation. *Lack of motivation is a symptom of depression, but it may be caused by something else. For example, you may lack motivation if you’re having difficulties coping with an issue in your life or experiencing something that affects your self-confidence.*

I Help People Create a Life of Balance by Removing the Chaos
OrganizedServant.com