

Create a Calming Morning Mindset in Minutes a Day.

The ability to create calm in our minds is an amazing skill to have and is one that can be improved with practice. The words we say to ourselves can have a major impact on us.

The I AM, I FEEL statements are backed by scientific research that shows that these are powerful messages to send to the brain. If you sit down and practice a few minutes a day (5-10 mins) over time I guarantee you will feel calm relaxed and in a great mindset to start your day. If some of these do not resonate with you in the beginning swap them in for some of your own that feel good.

1. Sit down with your morning cuppa
2. Relax into your body closing your eyes and taking a few deep breaths
3. As you become relaxed, open your eyes and say these words to yourself.
4. Take your time and do it a few times (take about 5 – 10 minutes).
5. Once you have finished and your morning drink, Enjoy a great day, that starts off Relaxed and Calm.

- **I am peace**

- **I feel peace**

- **I am relaxed**

- **I feel relaxed**

- **I am resilient**

- **I feel resilient**

- **I am grounded**

- **I feel grounded**

- **I am present**

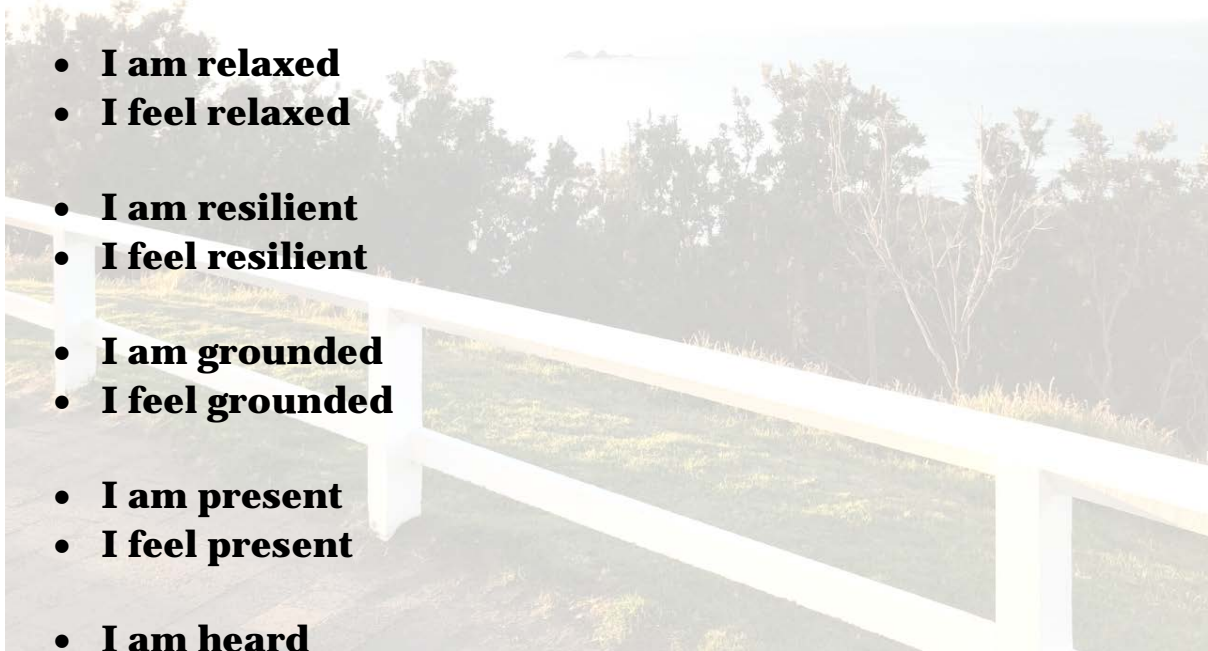
- **I feel present**

- **I am heard**

- **I feel heard**

- **I am supported**

- **I feel supported**



the Konnection club

BRINGING PEOPLE TOGETHER TO CONNECT

- **I am safe**
- **I feel safe**

- **I am secure**
- **I feel secure**

- **I am grateful**
- **I feel grateful**

- **I am optimistic**
- **I feel optimistic**


- **I am focused**
- **I feel focused**

- **I am connected**
- **I feel connected**

- **I am content**
- **I feel content**

- **I am love**
- **I feel love**

- **I am calm**
- **I feel calm**



The brain learns through repetition, so over time it will become a new habit, just a few minutes a day and one that will allow you to be more relaxed in your body and mind as you start the day.

The Konnection Club – Bringing People Together To Connect.