

Create a Calming Morning Mindset in Minutes a Day.

The ability to create a calm in our minds is an amazing skill to have and is one that can be improved with practice. The power of 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.

I often do this as I have just made my first cup of tea or I have just logged on at my desk each morning.

1. Relax into your body closing your eyes and taking a few deep breaths.
2. As you become relaxed, open your eyes and say these words to yourself.
3. Take your time and do it a few times (take about 5 – 10 minutes), staying present and in the moment.
4. After 5-10 minutes. Enjoy a great day, that starts off Relaxed and Calm.

- **I am peace, I feel peace.**
- **I am relaxed, I feel relaxed.**
- **I am grounded, I feel grounded.**
- **I am present, I feel present.**
- **I am heard, I feel heard.**
- **I am supported, I feel supported.**
- **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.**

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- **I am resilient, I feel resilient.**
- **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 have better thoughts, feelings and actions as they are all connected.

The Konnection Club – A Health Wellbeing and Lifestyle Brand.

