

## Your Working from Home Morning Mindset in Minutes a Day.

Start your morning with these positive words to get into your home office morning mindset.

You can make up some of your own if you decide others resonate with you more.

The statements can help with providing more positive thoughts and feelings, keeping you focused which helps relax and calm the mind and body.

1. Spend 10 minutes relaxing with your first morning beverage and take the time to relax into your body and be present while saying these positive messages to yourself.

- **I am relaxed**
- **I feel relaxed**
  
- **I am calm**
- **I feel calm**
  
- **I am respected at work**
- **I feel respected at work**
  
- **I am capable in my job**
- **I feel capable in my job**
  
- **I am doing a good job**
- **I feel I am doing a good job**
  
- **I am contributing my skills in my role**
- **I feel I am contributing my skills in my role**
  
- **I am supported in my work environment**
- **I feel supported in my work environment**
  
- **I am connected to my work colleagues**
- **I feel connected to my work colleagues**
  
- **I am valued at work**
- **I feel valued at work**

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- I am grateful for my job
- I feel grateful for my job
  
- I am learning and growing in the work that I do.
- I feel I am learning and growing in the work that I do.
  
- I am focused on my tasks
- I feel focused on my tasks
  
- I am resourceful in finding solutions
- I feel resourceful in finding solutions
  
- I am productive throughout the day
- I feel productive throughout the day
  
- I am creative with new ideas
- I feel creative with new ideas
  
- I am optimistic
- I feel optimistic
  
- I am peaceful
- I feel peaceful

**Thoughts – Feelings – Actions – Results**

**They are all connected**

Enjoy your day working from home feeling more relaxed and calm.

**The Konnection Club – A Health Wellbeing and Lifestyle Brand.**