

Welcome to

# Good Morning Mindfulness 21 Day Challenge

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O.N.E Wellness





# Welcome



Why a 21-Day Challenge?  
Intention & Compassion  
Develop Morning Practice  
Yoga & Meditation  
Journaling & Gratitude





# Introduction & Why?



# Why a 21-day challenge?



- ❖ 21 days is the perfect start to develop new habits.
- ❖ Starts to rewire neuro pathways
- ❖ Repetition is key, it's like muscle memory. Boosts confidence.
- ❖ Make it a practice. Learning, changing, & growing.
- ❖ It's a challenge. It takes hard work and commitment to change old patterns and mindset.

Journal this answer before we begin...

- ❖ What is your why?
- ❖ Why do you want to start your mornings out on a good note?
- ❖ Why start with mindfulness?





# Compassion & Intention

- ❖ Self Care + Self Love = Self Compassion
- ❖ Patience in key. Kindness always. Be gentle.
- ❖ Challenge yourself but with compassion.
- ❖ Continue to grow, add & experiment. Find what works for you and bloom.
- ❖ Our intention is to bring in mindfulness, awareness, gratitude and compassion into the start of each day.
- ❖ Mindfulness = Bring present
- ❖ Starting your day with mindfulness can transform your day, month, year and entire life.
- ❖ My intention is to inspire and empower you to continue developing and nurturing your self compassion practice for years to come.



# Developing Morning Practice



# Developing Your Wake-Up Practice



- ❖ You can use the wake-up practice provided or create it your own.
- ❖ This is not meant to cause you stress.
- ❖ Stay flexible. Adapt to the morning. If life throws you curve balls do what you can or do it later in the day.
- ❖ Remember you can change it and develop it as you go.
- ❖ Stay present. Mindful.
- ❖ Carry this mindset into the rest of your day with mindful cooking, showering or any activity.

❖ General recommendation:

- ❖ Try to limit phone usage in the morning.

Allow your brain to start up with authentic thoughts not ones from looking at your phone or Facebook.

Phones can be distracting and can take you out of the present moment, stealing your mindfulness.



- ❖ Wake up – 3 deep breaths
- ❖ 5,4,3,2,1- Get Up
- ❖ Use restroom
  - ❖ Read a book instead of play on your phone
- ❖ Start warm morning beverage
  - ❖ Coffee
  - ❖ Tea
  - ❖ Warm water with lemon
- ❖ Mindfully rinse face with cool water.
  - ❖ Rinse face holes.
- ❖ Scrape tongue and brush teeth
- ❖ Mindfully brush hair
- ❖ Prepare morning beverage
- ❖ Set up your mindful space
- ❖ Do yoga & meditation video
- ❖ Journal anything that came up for you this morning and 3 things you are grateful for.

# Suggested Morning Practice

Practice can be adjusted as you see fit and grow with time. This is just a suggested starting point.

Remember to practice everything with mindfulness and compassion.





# Yoga & Meditation





# Creating Your Space

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- ❖ Find a space in or around your house where you can be uninterrupted if possible. You may have to get creative.
  - ❖ Put down a yoga mat or blanket
  - ❖ Diffuse or put on your favorite oils if you wish
  - ❖ Make space special and comfortable
- ❖ Eventually when not watching a video play peaceful music.





# Creating Your Yoga & Meditation Practice

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- ❖ Respect where you are. Be patient and compassionate.
- ❖ There will be 3 yoga and meditation videos, 1 per week.
- ❖ The goal is to create habit and muscle memory.
- ❖ Over time you will be able to start creating your own practice without video guidance, if you choose.
- ❖ You can use other videos you enjoy on YouTube too, I will share a few of my favorites in the group.



# Journaling & Gratitude

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# Journaling



- ❖ Find or get a journal for this challenge.
- ❖ Take time after your yoga practice to journal anything that came up.
- ❖ Set an intention for the rest of your day.
- ❖ Write down 3-5 things you are grateful for each day.

To start out your journal please complete an entry before we begin addressing the following...

- ❖ What is your why?
- ❖ Write down your morning practice.
- ❖ Set intention for challenge.





# The Power of Gratitude

- ❖ The more we are grateful, the more we will have to be grateful for... creates awareness.
- ❖ Where the mind goes energy flows.
- ❖ Laws of attraction, like attracts like.
- ❖ Gratitude is a high vibration emotion, heightening your energetic vibration.
- ❖ Shifts our mindset to appreciate the things we do have instead of focusing on what we don't.
  - ❖ House, health, life, breath, food, oxygen, flowers, family, friends, nice days, rain, sun, earth... the list goes on, there is so much to be grateful for.
- ❖ Remember you can do things in any order you want.
- ❖ If you want to wake up, journal and write down your gratitude's right away, go for it!



You got this.

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You are enough. You are worthy.

Brittany Cork  
O.N.E Wellness  
Oneness. Nurture. Empower  
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