THE Joy SCHOOL

Morning Mastery Formula

Breathe

3 to 5 Deep Breaths. Inhale through nose, hold 5 seconds, exhale mouth.

Hydrate

Drink some water at room temp. Try to finish at least a pint each morning.

Stretch

Two minutes or more of gentle stretching and movement.

Do the 3 S's

Smile (hold it), Say Thanks (3 things your grateful for), Set Your Intention.

Choose a Word of the Day

Pick a word that represents and supports how you want to feel and the day you wan to create.

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