

My Daily Routine

Experts agree that a daily routine prioritising your mental health is a key factor in achieving what you want in life. In fact, if you look at any successful person you admire you'll discover that every single one of them will prioritise their mindset and focus on their goals with a daily routine. This is doubly important when going through divorce/separation as it can throw people and has a huge impact on every area of our lives. If you do this it will help you to:

1. emotionally regulate in times of stress, and make good decisions
2. understand how you and others work so you can build better relationships
3. rediscover what you want and what you need to let go of so you can move on with confidence
4. be an excellent role model for your children.

The most important thing to remember right now is where focus goes, your energy flows, and your energy needs to be on you looking after yourself. As a result the best time to do this routine is when you first wake up and just before you go to sleep. Because when you sleep your conscious and subconscious merge and therefore your subconscious is much more receptive.

To help you with this, here is my own personal routine. The beauty of this practice is that it is something you can and will always use, not just for now, but in the future. It will become so routine it will be like brushing your teeth. This is a life skill that will keep you in the driving seat of your life.

Morning

1. **Drink a glass of water.** You dehydrate when you sleep, drinking a glass of water kickstarts your mind and allows you to focus.
2. **Clear your mind.** Meditate for 5 - 10 mins. This is time for you to commit to your subconscious mind what you want from your day/life. If you need help with this there are lots of great apps and videos on Youtube.
3. **Get up early.** When you get up you should allow 1 hour for your mind, and 30 minutes for your body to wake up. The set amount of time is up to you, but you need to make sure you are undisturbed by anyone else in the house and that it's the same time everyday. Our body and mind loves routine. Do this every day - including weekends and holidays; and once it becomes a habit you won't want to miss it for a day because of how great it makes you feel.

4. **Gratitude.** Counting your blessings is the best way to start your day and put you in the right frame of mind. List who and what you are grateful for today and why.
5. **Focus on your future.** Writing in a journal everything you want in life may seem like a daunting thing but it helps. You need to write out a shopping list for every area of your life – relationships, career, family, health, lifestyle, finances, what you want to experience. This keeps your mind focused on what you want and will motivate you to step out of your comfort zone to take the necessary action to make it happen. For help with identifying what you want, look [at my wheel of life blog](#). It is a good place to start.
6. **Set your goals.** Choose one or two goals to focus upon. Write them out in detail, visualise yourself and your life. Once they are achieved, connect with your vision emotionally - what you feel, smell, taste, see. This will convince your subconscious that it has already happened. As 95% of our thoughts, beliefs and habits come from there.
7. **Take action.** Commit to 4-5 actions you will do today that will move you closer to your goal. Do these in the order of the least you want to do first. The sense of achievement is immense, it gets it out of the way which avoids procrastination and gives you a momentum that will motivate you throughout the day.
8. **Move your body.** Whatever your flavour, HIT, running, yoga - get up and move your body. Your mind and your body are intrinsically linked. Take this new feeling and transfer it to movement.

Bedtime

1. **Go to bed at the same time.** Our minds love routine, your quality of sleep and your ability to function are increased if you go to bed at the same time every day.
2. **Winding down.** Making time to wind down, do not eat, drink or watch TV for the last hour before sleep. Instead use this time to reflect, read and focus on where you are going. Again, this has a huge impact not only on your ability to sleep but your quality of sleep.

3. **Reflect and review.** Read what you wrote this morning, re-write your goals and review what you achieved today. Move any not completed actions to tomorrow's list. This will ensure you are always moving towards your goal.
4. **Gratitude.** Again end your day with who and what you are grateful for and why. Gratitude releases feel good hormones, changes your perspective and pushes a positive mental state.
5. **Condition your subconscious.** When we sleep our conscious and our subconscious mind merge, therefore if you go to bed visualising your goals you are conditioning your mind to believe it is true. This is vital for creating lasting change. There are lots of meditations on Youtube and books to support this work which are a great way to wind down.

<https://www.youtube.com/watch?v=NL1d3TurPb8>

Do this routine every day for 30 days and I guarantee you will feel and see a difference!

For more information or help, please get in touch.

Nichole x