

The Power of a Positive Morning Ritual: Quick Ideas to Get You Going

Just a few minutes spent consuming negative news in the morning can affect the trajectory of your entire day! Research done by [The Institute for Applied Positive Research](#) showed that people who consumed as little as 3 minutes of negative news before 10am were 27% more likely to report their day as BAD, 6-8 hours later, regardless of what happened in their day.

Where Do I Start?

So glad you asked! First thing upon waking, I like to imagine that my mind is like fertile ground. Rich, dark, earth. Brimming with nutrients and ready to nourish whatever is lovingly placed in it. Those first 3-5 minutes upon waking, before my eyes even open, are sacred for me. Whether my plan to meditate happens (most days) or doesn't (if my wee wakes before me and becomes the first focus) I am a warrior (not a worrier) about ensuring I keep it positive.

Here are some ideas to make it super-easy to get started – see what *feels* right for you:

- I don't generally wake to an alarm (my body naturally likes 6am) but if you set your alarm, have it play some fun, up-beat song vs a jarring alarm. I vote Springsteen but if you don't feel like *Dancing in the Dark*, [here's a list](#) of happy tunes to get you bopping.
- If you're the silent type, read a positive or inspirational passage in a book for 3 min and reflect on how it makes you *feel* – tune in and feel the positive ripple physically. One of my favorite poems is [Desiderata by Max Ehrmann](#).
- Begin with a few minutes of meditation – morning meds are my staple for a *Full Life*; they are what helped me *trade busy for full* and what keeps me on track. If you're not sure how to get started, check out Episode #32 of The Full Life podcast for free guided practices. Here is a [guided practice](#) I recorded just for you called *Setting Your Joy Compass*.
- One of my favourites; a client told me recently that he begins everyday, before his wife and kids wake, with a little ritual with his dog. They go downstairs and share some cuddle time in a chair, *same chair everyday*. He said he's done this for years and that it has become a really positive way to begin his day. So simple yet such a great morning ritual.

- On that note....cuddling with someone you love (spouse, kids, fur-baby...all of the above) and connecting to gratitude is an amazing way to begin your day. Even if your wee arrives in your bed with whinnies (like mine did today) bundle them up in a cuddle for a few minutes, tell them how much you love them and then remind yourself how lucky you are to have another day on this magnificent earth to practice love and gratitude. If you decide in advance that you are going to do this – you’ll be amazed how a natural reaction to be grumpy when woken – is quickly replaced. Its just a tiny perception shift but the ripple in your day is completely different...for everyone.

No matter if your morning goes to plan or not, life truly is happening *for you* and not *to you*. And when you wire your day up for happiness with a little hit of *feel good*, even the research shows that your whole day can feel like The Full Life!

A handwritten signature in black ink that reads "Amanda" with a small smiley face below the letter 'a'.

amanda weber
HAPPINESS COACH