



RUN SHEET: 60 MINUTE SESSION

CREATING HEALTHY MORNING HABITS

Topic

Introduction to a variety of healthy morning practices that will set you up for a positive and productive day. How to make behavioural changes and create new habits that will help you incorporate these new practices into your morning.

OUTCOMES

- information and skills to create new habits that support a healthier day,
- ability to practice new skills and build a better morning routine.

7.30pm Intro & Hello

Introduction to workshop facilitator Nicky, mindfulness and meditation teacher, wellness coach and counsellor. She will provide a warm welcome and explain how she is going to help you make a positive change in your life.

7.35pm Current Morning Routine

Explanation of how a morning routine can affect you i.e what things will make you feel good and what things that might make you feel not so good.

7.45pm Morning Practices for a positive and productive day

Find out what practices support a good start to the day e.g hydration, nutrition, movement, focus, plan, connection.

Activity: Nicky will invite you to join her for a short movement practice that will help to wake up the mind and body in the morning.

8.05pm Making and embedding a change

Nicky will show you how the 'habit loop' is used to train the brain to form new habits and change bad ones. This will help you change your behaviours for the better.

8.15pm What will I do differently?

What's the promise you're going to make for yourself that's going to create a better habit in your morning? Nicky will explain how you can gradually build more good habits up so you are setting your self up for a great day.

End of session