

# "The Me-Morning" Procedure

"Waking up at 5 am changed how I saw myself and my future"

- By Angie Donalds

Just Do The Damn Ting and wake up two hours before you have to leave or log in for the day! Give yourself the love, care and visualization that you need, in a consistent and organized manner. This is your uninterrupted "me" time, and it ideally takes place before the rest of the world wakes up! Feel free to adjust the suggested times.

## First 60 Minutes of Me Time

- 10-minutes Cleanse and pamper
- 5-minutes Light a candle, watch the sunrise, put on a diffuser with scented oils
- 5-minutes Hydration (lemon and water – hot or cold)
- 5-minutes Meditation/pray/sitting silently (with or without music)
- 5-minutes Gratitude (write 3 things you are grateful for)
- 5-minutes Affirmations (I am...)
- 5-minutes Journal – Write down all the things on your mind
- 5-minutes Dream Gazing – (read over 25 of your 300 dreams from your 300 Dream Sheet)
- 5-minutes Look over and add to your vision board
- 5-minutes Enjoy your favorite hot drink (tea, coffee, hot chocolate)
- 5-minutes Read your 6-Month Bucket List/Sit and listen to music (or not!) while doing nothing at all!

## Second 60 Minutes of Me Time

- 30-minutes Walking or Gentle Exercise (Walking the dog, walk outside. treadmill, Yoga etc. – followed by a shower)
- 5-minutes Let it Rip (Write down any negative emotions or thoughts, and then rip that paper up!)
- 5-minutes Write out today's goals
- 5-minutes Read a chapter of something entertaining, uplifting or inspiring
- 5-minutes Take vitamins and minerals
- 5-minutes Drink a healthy smoothie
- 5-minutes Eat a healthy breakfast/lunch