

THE MORNING ROUTINE BREAKDOWN

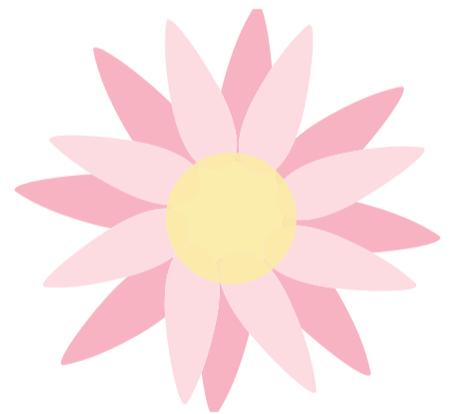
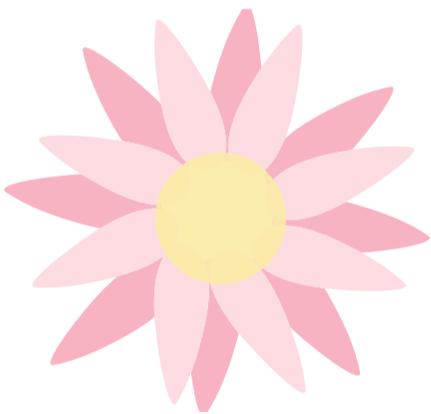
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About Budding Joy

“This is the time to find what sets our souls on fire. This is the time for us to fight for our happiness, this is the time for us to not let our struggles own us. When you start to feel that shift from feeling like you’ve lost your passion for life, to feeling hopeful that you can change your life.... That’s when you can say you are BUDDING JOY!”

Let’s go through this journey together! Through Budding Joy I’ll be bringing you what I’m learning through my battle with depression, journey to losing over 100 pounds, and how I’m navigating being in my 20s by learning how to “adult” through personal development and discovering who I am. Subscribe to the [blog](#) and follow me on social media so we can stay connected and root for each other.



You can love the mornings!

Yes, you read that right. It is possible to wake up feeling refreshed and not dreading starting the day. Want to know the secret? It's all in having a morning routine. When you can start the morning with habits you can have on autopilot, along with something fun to look forward to, it makes it easier to want to get up in the morning.

If you've been following the Morning Routine Breakdown [series](#) on the blog, which I am assuming you have since you are reading this, then you know the building blocks of how I created my morning routine. In this e-book I am taking it a step further by getting you involved. You've been reading about my morning routine all month long, now you get to try out some of the activities to see if they are the right fit for you. I'm giving you a meal plan worksheet, seven days of journal prompts, and MORE! This is my free gift to you for taking the time to read my blog. All I ask is that you do not share this e-book directly with people, but you can share the link to the post you got the e-book from. In fact I would love that! Now let's breakdown this morning routine.

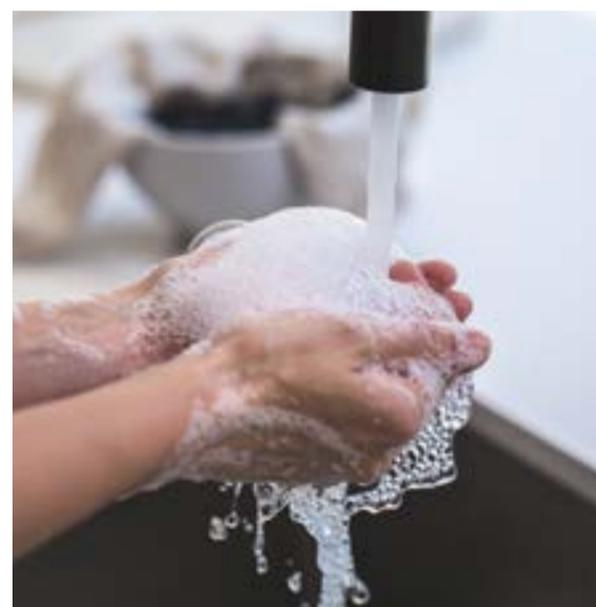
Wake Up Feeling Refreshed

When you first wakeup you will most likely need a boost of energy to avoid going back to sleep (hint, it's not looking at your phone). If you read my [lemon water](#) post then you know my go-to for this is drinking lemon water. Here are some other options to get you feeling refreshed. Write down some ideas that you have.

- * Coffee (first you drink the coffee, then you do the things)
- * Tea (sip the tea before you spill the tea)
- * Face Cleanser (A fresh clean face for a brand new day)
- * Turn up the music, if you are by yourself or everyone else is awake as well (dance party anyone?)

Now it's your turn.

- *
- *
- *





When life gives
you lemons...

... put them in
your water

Working out in the mornings

Working out in the mornings isn't as impossible as you may think. I know it's probably the last thing you want to do when you wake up but here are some reasons why it should be the first thing you do:

1. It will actually give you more energy (thank you endorphins)
2. There is less time to talk yourself out of it
3. It will be over and you can get on with the rest of your day



Pro tip: Like working out in a gym? Pack your gym bag the night before and place it somewhere you will see it when you wakeup.



Pro tip: Plan your workout the night before and warm up with something you are excited about, like running, dancing, or any other exercise you enjoy.

Pro tip: Sleep in your workout gear so that you are ready to go when you wakeup.





YOU
ARE
SO
STRONG



THE ONLY BAD
WORKOUT IS
THE ONE YOU
DIDN'T DO



**IF IT
DOESN'T
CHALLENGE
YOU...**

**IT DOESN'T
CHANGE
YOU**

Quiet Your Mind & Nourish Your Spirit

There is no worse way to start the day than bringing yesterday's worries into today. That is why it is important to quiet your mind in the morning and refocus on what is truly important, your peace.

This activity can mean many different things. Some examples are breathing, meditating, journaling, reading the Bible and praying. It all depends on your beliefs and what you need in order to have a fresh start for the day.

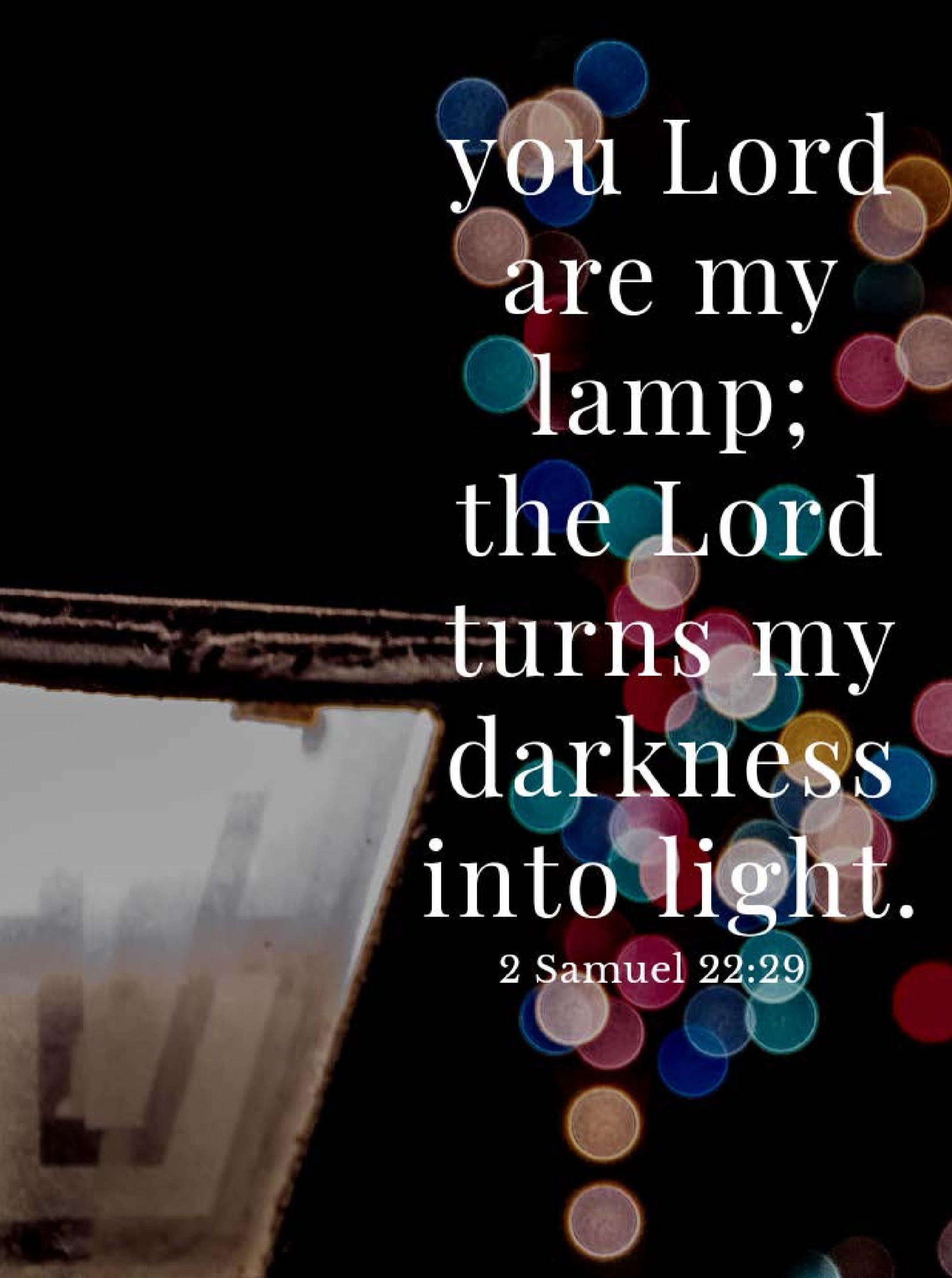
In the following pages i'm giving you two free Bible verse printables and a seven day journaling challenge. If you decide to do the journaling challenge let me know by using the hashtag #buddingjoyjournalchallenge and share a picture of you with this e-book.





Ecclesiastes 3:1- There is a time
for everything and a season
for every activity under the
heavens.



An open book is shown from a top-down perspective, with the left page visible and the right page mostly obscured by text and bokeh. The background is dark, and the right side of the image is decorated with numerous overlapping, semi-transparent circles in various colors including blue, teal, purple, red, and gold, creating a bokeh effect. The text is centered on the right side of the image.

you Lord
are my
lamp;
the Lord
turns my
darkness
into light.

2 Samuel 22:29

Personal Development Activities

I like to describe personal development as any activity that helps you build your skills and/or inspires you to better yourself. There are many different activities out there. I discussed a few of them in this [post](#).

Maybe it's just me but I think it's both necessary and fun to switch up your personal development from time to time. Whether that means you do a different activity every day, or you space it out week-by-week, or even month-by-month, whatever fits your life is what you should do. The key is to find a few activities that you like to do and interchange them.

Let's make a personal development schedule! I've given you a list of activities and a sample schedule I created. Now you choose what activities you want to do on what days.

Monday: Read a skill book
Tuesday: Practice my skills
Wednesday: Listen to a podcast
Thursday: Read a motivational book
Friday: Take an online class
Saturday: Watch a YouTube video
Sunday: Practice my skills

- 
- * Read/listen to a book
 - * Listen to a podcast
 - * Watch a YouTube video
 - * Take an online class
 - * Practice a skill or a hobby
 - * Talk to a mentor
 - * Read articles related to your career field to stay updated on trends
 - * Watch a TED talk

Monday:
Tuesday:
Wednesday:
Thursday:
Friday:
Saturday:
Sunday:

How I Meal Plan

Specific meal plans make it hard to be flexible when life happens. So I came up with a way to have a meal plan, while also having the flexibility. I simply create a generalized list of meals and snacks then on each morning I write out what I want to eat that day. I talked more about this in my [Healthy Eats](#) post. I've included my meal plan outlines and placed them in this ebook so that you can try out this method for yourself.



Meal Plan

Breakfast	Lunch	Dinner
Snacks		
What to meal prep	Grocery List	

Monday

B: 

S:

L: 

S:

D: 

S:

Tuesday

B: 

S:

L: 

S:

D: 

S:

Wednesday

B: 

S:

L: 

S:

D: 

S:

Thursday

B: 

S:

L: 

S:

D: 

S:

Friday

B: 

S:

L: 

S:

D: 

S:

Saturday

B: 

S:

L: 

S:

D: 

S:

Sunday

B: 

S:

L: 

S:

D: 

S:

It's All In The Timing

If you take away one thing from The Morning Routine Breakdown series I hope that it is this:

Your routine should be customized to fit your lifestyle.

Don't feel pressured to get up extremely early, especially if you went to bed late. You also don't have to do a dozen different activities. If you are short on time maybe you just watch a five minute YouTube video for your personal development. If you can't do a full workout then just do a little stretching or a five minute run. If you have the time then find a podcast that dives in deep to a subject you are passionate about.

The point is don't stress if every day isn't the perfect routine you imagined. Be flexible because not every day is going to be the same.



About Me



Hi I'm Kelly. I'm the face behind budding-joy.com. I love listening to music, reading personal development books, dance fitness, and catching up on the latest celebrity news or favorite tv shows. I hope you enjoyed this Morning Routine Breakdown e-book. I'd love to know your takeaways! Connect with me on social media and tell me what your favorite part was. If you want to read more from me check out more posts about my battle with [depression](#), [weight loss journey](#), and [adulting adventures](#).



