

vibrant and alive now's

**GUIDE TO
CREATING YOUR**

vibrant morning



A simple step-by-step guide
to starting your day in a
vibrant way.

Written by,
Dawn Depke

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Unstoppable Wellness Publishing USA

Vibrant and Alive Now's Guide to Creating Your Vibrant Morning™.

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dedication

I dedicate this book to all the women who are taking steps to become more efficient, productive, organized, powerful and happy in their daily routine so they can create more time for the important things in life.

hello vibrant soul!

Congratulations on choosing to create vibrant mornings. This is a simple yet powerful system when implemented daily. Creating ritual and routine in our daily lives makes us more productive, organized, efficient, powerful and grounded.

Before we begin, I want to quickly introduce myself. You might be wondering who I am and why I created Vibrant Mornings™.

My name is Dawn Depke and I am the results driven mindset coach and the creator behind Vibrant and Alive Now™ a personal development brand with a mission of empowering women across the globe to connect with themselves emotionally, spiritually, and energetically to become the best versions of themselves in any situation or circumstance.

I wasn't always productive or efficient in life, but I've always been "busy". Have you ever felt that if you tried to squeeze anything else into your day, you'd burst? Or have you ever felt so busy, yet nothing gets done?

I've been there, and it wasn't until I implemented a morning ritual that I became more effective in my day.

I've witnessed *countless* women implement this strategy with successful results. And now, it's your turn.

Welcome to the *vibrant and alive now* Tribe™...Let's get started.

section one:

How to Create a Vibrant Morning

Step one

Have a burning desire. A purpose. A passion. A vivid vision. You need a reason to get out of bed in the morning.

Remember back to when you were young, and someone asked you what you wanted to be when you grew up. What did you say? I bet you had more than one thing you wanted to be throughout your childhood.

Then poof, something happened when we became adults....all of the dreaming, all of the imagination, all of the magic vanished into thin air and we're left with too much to do and not enough time to do it.

Can you relate?

It's never too late to jump off *that* train and onto a new one. Begin to dream again. Begin to imagine again. Find a purpose. A burning desire. A passion. A reason that is so inspiring it motivates you to spring out of bed each morning.

If you feel completely stuck here, at step one, it's ok, I've created a step-by-step guide that will help you tap into this part of your inner child again. It's call ***Vibrant and Alive Now's Guide to Creating Your Vibrant Vision***™ and is available at www.VibrantandAliveNow.com and www.Amazon.com

Step two

Wake up at the same time daily. Humans at our core love ritual and waking up at the same time daily could become a very important ritual for you to begin.

First off, your body will get used to waking at the same time naturally if you wake up at the same time consistently. Secondly, when you create this habit you may begin to wake

up before your alarm goes off, BEFORE you are tempted to hit that snooze button. This will help you be consistent at following a morning schedule, and it will also will help you be more organized and productive.

step three

Upon waking, take a big deep breath and stretch your body while taking a few minutes to practice gratitude. Deep breathing and slow stretching after a long night's rest will awaken the internal energy within you and focusing on the things you are grateful for while doing this, starts your day in a positive way.

As my business coach Michael Stevenson says, gratitude is like rocket fuel to the Law of Attraction. The more grateful you are about something the more the Universe will send your way. Energy flows where attention goes.

We also get what we focus on, so focus on what you want. So many people spend so much time thinking and talking about what they don't want. All that does, is bring more of what they don't want to them. By shifting your focus, you can shift everything in your life.

step four

Within 10 minutes of waking, I strongly recommend a 90 second burst training. This is 30 seconds as extreme activity followed by 60 seconds of casual movement. For example, 30 seconds of extreme running in place or doing jumping jacks as fast as you possibly can, followed by casual walking in place or around the house for 60 seconds.

This has a significant positive impact on your hormone balance and energy production in the morning and throughout the day. Movement also ignites your entire energy field and gets you ready for an amazing day. It's critical to do this step within 10 minutes of waking.

I also personally enjoy stimulating my emunctories (channels of elimination) to boost my immune system and enhance detoxification. I created a video demonstrating how to do this, access it on the [Vibrant and Alive NOW YouTube channel](#).

Step five

Next drink a large glass of tepid water. Your body is slightly dehydrated after resting all night and burst training. By starting the day with a glass of tepid water, you are replenishing all the cells in your body with hydration.

Tepid water is important because cold water shocks the body, so keep it room temperature and your body will thank you.

Step six

Know specifically what you want in life, have achievable goals/outcomes and figure out the steps necessary to achieve them. Write them down and create a plan with an appropriate time frame. Read them out loud daily, with passion and excitement, creating vivid images in your mind, as if you already have achieved them.

What do you see yourself accomplishing? What do you hear yourself and others saying when you've accomplished it? And how does it feel to conquer these goals and see your dreams come true?

Read them in the morning and before bed EVERY DAY! Make it compelling, paint a vibrant picture in your mind and feel the feelings of having it now.

If you need a process for this, I have included it in *Vibrant and Alive Now's Guide to Creating Your Vibrant Vision*™ and is available at www.VibrantandAlivenow.com and www.Amazon.com.

Step seven

Read positive daily affirmations. Our mind needs **constant positive** reinforcement with the amount of instant access we have to all of the crazy things happening in the world today.

Remember, we get what we focus on, so adding daily positive affirmations is just another way of putting focus in a direction that will increase your energy and have you vibing high in no time.

Step eight

For a few minutes visualize yourself doing the tasks that need to be done to accomplish your goals. Only 25% of your visualization time should be spent on the end result of having it, the other 75% actually see yourself doing the tasks needed to be done in order for your goals to come to fruition. “See” the successful outcomes step by step.

Your mind sees in pictures, so imagine yourself accomplishing the steps necessary to get to where you want to go. See yourself completing the daily tasks, meeting the right people, being successful every step of the way and then see yourself having it! Take your time with this step, because it is a very important step in the creation process.

Step in it as if it were a movie and you’re watching it in a theater with surround sound. Get emotional just as you do when watching your favorite movie, because this is *your movie of life*. So, make **IT** the best movie you’ve ever seen!

Step nine

Listen to or read something inspiring, even for a just few minutes. My favorite time to listen to personal growth and development audio books and inspiring people on Facebook or YouTube is in the morning after showering, when I’m brushing my teeth and getting ready for the day. Getting doses of inspiration and learning and growing is food for the soul.

Step ten

Write in a special journal or notebook for 5-10 minutes. It feels good to do this each morning and night and it clears the headspace for a more productive day and a deep restful sleep at night.

It's like magic, once the clutter is out of the headspace and safe on paper, it's amazing how much room there is for creativity and fast decision making. This is also extremely useful when you are conflicted about something. Writing gets it out and allows the energy inside to shift, creating space for clarity. Clear out the "head clutter" daily.

Step eleven

Sit in silence. Breathe deep. Just be. Begin with one minute and increase to five, then ten and even 30 – whatever feels best for you. This will help you connect with higher conscious self and higher power/source, increasing your intuition and guidance.

This may be the toughest part of your morning ritual, but if you stick with it and develop it, you will be eternally grateful for the insight, the focus, and the clarity it brings.

Step twelve

Shower, and eat and begin your day in an empowered way.

section two:

Creating Peaceful Evenings

Step one

Just before bed scan through your day and be grateful for the things that went well AND for the learns of the day, if something didn't go as planned or "went wrong" what did you learn from the experience that you can feel grateful for?

Step two

List your top 3 tasks for tomorrow and the specific time that you will dedicate to completing each, **without distraction**. This step is crucial for the productivity, organization, and efficiency of your day. This simple step is a total game changer.

step three

Create some quiet time and space for nurturing yourself. Breathe deep, do some light stretching, visualize, meditate, listen to hypnosis, journal or all the above. You may rotate these each night as well. Just be sure to have some quiet time to get in touch with your inner self.

Step four

Just as you lay your head on your pillow, *task* your subconscious mind to do something positive for you. For example, ask it to have you sleep deep and wake up feeling refreshed and happy.

section three:

Quick Reference Guide



VIBRANT AND ALIVE NOW
VIP MINDSET COACHING

Creating Vibrant and Alive Mornings

- Have a burning desire. A purpose. A passion. A vivid vision. You need a reason to get out of bed in the morning. If you need help with this refer to my Guide to Create Your Vibrant Vision™ at www.Amazon.com
- Wake up the same time daily.
- Upon waking, take a big deep breath and stretch your body and practice gratitude. (Silently or out loud list all the things you're grateful for).
- 30 Seconds of burst training followed by 60 seconds of casual movement.
- Drink a large glass of tepid water.
- Read your goals with passion and excitement. Make it compelling, paint the picture in your mind and feel the feelings of having it now.
- Read your positive daily affirmations.
- Visualize yourself doing the tasks that need to be done for your goals. 25% of your Visualize time should be spent on the end result of having it, the other 75% see yourself doing the things that need to be done in order for your goals to come to fruition. "See" the successful outcomes step by step.
- Listen to or read something inspiring, even for a few minutes while you're are getting ready or just a few page.
- Write or journal for 10 minutes
- Sit in silence. Begin with one minute and increase to five, then ten and even 30 – whatever feels best for you. This will help you connect with higher power and increase your intuition.
- Shower, and eat and begin your day in an empowered way.

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The logo for 'vibrant and alive' is written in a flowing, black cursive script. The word 'vibrant' is on the top line and 'and alive' is on the bottom line, with the 'and' being smaller and nestled between the two words.

VIBRANT AND ALIVE NOW
VIP MINDSET COACHING

Creating Peaceful Evenings

- Just before bed scan through your day and be grateful for the things that went well AND for the learns of the day- if something didn't go as planned or "went wrong" what did you learn from it that you can feel grateful for?
- List your top 3 tasks for tomorrow and the specific time you will dedicate to completing each without distraction.
- Quite nurturing time: Breathe deep, light stretching, visualize, meditate, listen to hypnosis, journal or all the above. You may rotate these each night as well. Just be sure to have some quiet time to get in touch with your inner self.
- Just as you lay your head on your pillow, task your subconscious mind to do something positive for you. For example, ask it to have you sleep deep and wake up feeling refreshed and happy.

section four:

Join Our Community

join the tribe

- Check out www.VibrantandAliveNow.com
- Join our **Facebook community**: Vibrant and Alive NOW group: [click here](#)
- Follow us on **Instagram**: Vibrant and Alive NOW
- Subscribe to our **YouTube Channel**: Vibrant and Alive NOW [click here](#)
- **Refer friends and loved ones** to our community and help it grow. It is a safe community of support, encouragement and growth.
- Check out **Vibrant and Alive Now's Guide to Creating Your Vibrant Vision**™ from our [website](#) or Amazon.com
- Be sure to look for special offers and bonuses offered on these community platforms. I look forward to seeing you there!