



**Top 5 Tips to
Wake Up
Feeling
Happy**

Do you find yourself waking up feeling stressed, tired or with a dread in the pit of your stomach before you've even got out of bed? Immediately upon opening your eyes is there a feeling of wanting to pull the covers over your head and not face the day ahead?

These feelings are created by our thoughts.

So our feelings are a guideline of how positive/negative our thinking is at that time.

Have you noticed that when you start your day feeling good, you are more productive, people you interact with are more pleasant (work colleagues, the barista in Starbucks, your friends/boyfriend/husband/kids), the rest of your day is better and more positive things happen?

Although we may have no control over the weather or other people, we can and do have control over our mindset. It's no good to feel like you 'should' be thinking positively or feeling good (one leads to the other right?) it needs to be real to provide any benefit.

I have compiled some tips on how to really feel good in the morning and start your day in the best way possible!

www.chloegross.co.uk
chloe@chloegross.co.uk
07789 007732

1. What activities make you happy or feel calm and relaxed?

This could be anything from dancing, listening to or playing music, singing, meditation, yoga, Pilates, drawing, reading, writing a journal, coloring in, visualisation and so much more.

Allow yourself 10-20 minutes in the morning to do this activity. I know your first thought is “I don’t have time” or “You’re advising another thing to do on my list?”, however if it is something you truly enjoy doing, you will feel good which means you will catch up on time somewhere else in the day as you are more productive (or you can get up a little earlier).

For example, to keep myself motivated and energized I put some upbeat music on and throw my limbs around to it or if I’m feeling anxious or worried I will meditate and do some journaling. The activity does not need to be the same everyday.

Try it for a week, if it doesn’t work, what have you lost?
Go on, I dare you!

2. What do you wake up to?

Most of us wake up in the dark to our phone alarm, an annoying and dreary sound. Why not change this?

Wake up to music of your choice (there are lots of free alarm clock apps which offer a music option from your music library or if you have an iPhone you can do this from the standard alarm clock). I prefer something upbeat so I currently wake up to 'Happy' by Pharrell, it may be cheesy but I find it almost impossible not to wake up in a good mood!

For some waking up in the dark makes it even harder (and more depressing) to get out of bed. In the summer try keeping your curtains/blinds open a little bit so the room is brighter upon waking. In the winter you can buy alarm clocks that gradually make the room lighter, helping you to wake up feeling more refreshed and energized. Lumie seems to be one of the most popular, but I would recommend doing your research before making a purchase.

3. Have a good bedtime routine

I know we are talking about feeling happy in the morning, but some of this depends on the quality of your sleep and how energized you feel when you wake up.

- Try and ensure you go to bed at a time that provides a good amount of sleep (this will vary from person to person)
- Find a good 'wind down' routine, this could be reading, meditating, listening to music
- If your head is very busy with thoughts of the day you've just had or even of the next day and meditating isn't your thing, try 'downloading' your thoughts by writing them down, leaving your head clear for a good nights sleep (you can also do this in the morning to set yourself up for the day ahead).

4. Gratitude List and Positive Questions

Sometimes we need a little help on thinking about the positive things in our life instead of concentrating on the negative (unfortunately this seems to be more automatic for the majority of us).

A great way to do this is to start your day with writing down 5 things you are grateful for. These things can be as simple as being grateful for the sun shining.

Another great way to get yourself into a positive mindset is to set yourself up for things you want to happen (this is great for following the 'Law of Attraction' – more about this in future newsletters) and what you are looking forward to in your day.

So you can ask yourself questions such as:

What am I looking forward to today?

What could be the best thing to happen today?

On this second example, allow yourself to think big and to dream. It will get you used to thinking outside the box (it will become clear why this is useful in future newsletters).

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5. Eat breakfast

This may sound like an obvious tip, but so many people now skip breakfast and instead pick up a coffee on their way to work.

In order to feel energised and happy, you need to eat! Feeling irritable comes very easily when you are hungry and your blood sugar levels are low.

If you can, eat breakfast sitting down and have some hot water with a fresh slice of lemon (or a squeeze if you prefer) to cleanse and detoxify your system and kick start your metabolism.

One last tip – **SMILE!** Even if you fake it, you will feel happier.

I was walking in the park the other day not feeling my best and so I started smiling (people must have thought I was a crazy lady grinning to myself), it worked! You can't help feeling happier when you are smiling. Try it!

I would love to know how you get on with these tips or if you have any others to share, contact me and let me know!

About Chloe

Hi! I'm Chloe Gross a registered and insured Life Coach, Wellness Coach, NLP Practitioner & Homeopath. My passion is empowering women to connect with their inner wisdom to live a happier, healthier life.

I offer different coaching packages for women who are looking to make a change and move forward clearing any blocks in the way of living the life they want.

I will be alongside you on your transformational journey, helping you gain clarity on your life vision and taking action towards your life inspired goals.

Appointments take place either face to face in London or via Skype.

If you want to learn more or book a free discovery call head on over to www.chloegross.co.uk.

Special Offer

15% off all packages if booked before 19th August 2016!



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