

15 Minutes to Reclaim Your Energy, Focus & Self-Trust

"Start your day as the woman you choose to be — not the one the world expects."

Welcome

If you've been waking up already behind, with a little anxiety thinking about the day ahead, checking your phone before you've even exhaled, rushing straight into emails, kids, or work — you're not alone.

Most women I work with are living in a constant state of reaction. We wake up responding to the world, instead of leading ourselves through it.

This ritual changes that.

In just 15 minutes each morning, you'll shift from reactive to intentional. You'll ground your nervous system, reconnect with yourself, and decide — before the day begins — who you're going to be and how you're going to show up.

It's simple, it works, and it's the same process I use myself and teach inside the MiSELF Method to help women create a life that feels like theirs.

Why This Works

When you start your day in alignment, you:

- Make clearer decisions.*
- Keep your energy steady.*
- Respond instead of react.*
- Stay anchored in your priorities, not everyone else's.*

These 15 minutes are your declaration:

"This is my life, and I'm choosing how it goes today."

Step 1 — GROUND (2 minutes)

Why: You can't make clear decisions or feel in control if your body is in fight-or-flight before 8am. Grounding regulates your nervous system so you're starting from a calm, resourceful state.

How:

- *Sit comfortably, close your eyes, and place your feet on the floor.*
- *Inhale for a count of 4, hold for 2, exhale for 6.*
- *On each inhale, imagine breathing in clarity.*
- *On each exhale, let go of the noise from yesterday.*

Cue to remember: Inhale presence. Exhale noise.

Step 2 — ALIGN (5 minutes)

Why: Most people let their default patterns run their day. This step reprograms your mind toward your desired identity, so you make choices from your future self, not your old habits.

How:

Grab a notebook and answer these prompts:

1. Today I choose... (e.g., "patience," "focus," "self-respect.")
2. The woman I'm becoming would... (one action aligned to your bigger vision.)
3. One thing that matters today is... (your top priority — just one.)

Optional: Write one belief statement to carry with you.

"I am a woman who follows through." / "I trust myself to handle what comes."

Step 3 — ACTIVATE (8 minutes)

Why: The body needs to experience the energy of your future self to believe it's possible. This step creates the state you want before you go out into the day.

How:

- Stand tall, shoulders back, chest open.
- Move in a way that feels energising (stretch, dance, walk).
- Close your eyes and picture yourself at the end of the day proud of how you showed up.

- Ask yourself: “What did I do today that made me feel this way?”
- Lock it in with one small, achievable action you’ll take before midday.

Integration & Consistency

- This is not about perfection. If you miss a day, start fresh the next morning — no guilt.
- The power comes from repetition. The more you rehearse being the woman you want to be, the more it becomes automatic.
- Pair this ritual with your coffee, morning walk, or a moment before the kids wake up.

7-Day Morning Reset Tracker

Day	Ground	Align	Activate
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Your Next Step

Now that you’ve reclaimed your mornings, it’s time to reclaim the rest of your life.

Start with The Avoidance Pattern Quiz — you’ll uncover the hidden ways you’ve been keeping yourself stuck and get practical steps to break through.

👉 Take the Quiz: [INSERT LINK]