

Episode N°1 How to Create Successful Morning Rituals

Do you want to wake up early and start a beautiful day every morning with amazing rituals? If you want you are in the right place my goddess friend.

In today's episode I am super excited to share with you how to create successful morning rituals step by step so that you can take immediate action today.

Welcome to the Haute Couture Life podcast where you can learn how to design create and live the most beautiful life as Haute Couture. I'm your host Mana and I'm so excited to guide you on your journey to becoming the most beautiful goddess version of yourself. Whether you're seeking beauty style tips and inspirations or health information and personal growth with timeless wisdom, you come to the right place my goddess friend.

This podcast is your Ultimate Guide to Becoming happier healthier and more beautiful inside out and creating and living the best life you want. So get ready to unlock the secrets to design create and live the best life. Let's begin.

So what are the successful morning rituals? I think successful rituals are going to lead you when you wake up in the morning you feel so energized and so much energy and vitality you know in the morning energy is so important. It's going to lead you to the energy until in the night so building and making successful morning rituals is crucial for starting each day every day as a beautiful day. So I have eight tips that I'm going to share with you so let's dive in.

Number one wake up with a beautiful song. Will you be surprised if I say I only use my phone for mostly alarm taking notes or taking pictures? Yes, I will be so surprised if I say to my past self. Since I have had my phone for almost seven years, it is so easy to run out of batteries but this has amazing massive benefits and I'm going to share with you the benefits of not using the phone all the time in the future podcast but yeah FYI I'm using iPhone SE first generation. Do you know do you have it? [Laughing]

Anyway, I can usually wake up without any alarm clock and but sometimes I like to use it to start my day especially when I need to wake up at 4:30 or 4:45. And I choose my favorite song to boost my energy and start the beautiful day and my favorite alarm clock is good morning by Gene Kelly, Donald O'Connor and Debbie Reynolds. Have you watched the movie Singin' in the Rain? Or have you heard this song Good Morning?

Basically, it's like this [Singing] So it's so calming and so relaxing and then I just love to listen to Debbie Reynolds's voice and it's really easy to wake up in the morning with her

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music and a song. So you can watch the Singin' in the Rain Good Morning clip on my blog that I really put on the website so you can enjoy it. So tip number one is to choose your favorite song and set it as an alarm clock.

You know most people use like default kind of alarm sound by iPhone and it's quite shocking sound like [buzz] and then I feel like choosing and setting the beautiful environment for yourself is so crucial to start the beautiful day.

Number two drink a cup of beautiful water and wash and groom. So when you put your creams on your face you can also massage your face for 3 to 5 minutes. This is part of self-care and self-love and I feel so amazing for my future self have you ever found your favorite vegan and cruelty-free skincare? If you haven't, you can check my blog post where I am talking about where to buy the best vegan skin care. I'm using them all and then I'm just loving the result and I just introduce and share with you with so much love.

I just introduce you to the most favorite thing in the world so if you haven't please check it out tip number two is start a few-minute massage with vegan skin care facial cream.

Number three stretch your body. Doing stretches in the morning is very good for your body even for 5 to 10 minutes. Tiny daily actions and habits eventually become you. So as you stretch your body your brain is also starting to wake up and you will be so clear and become more productive. I also recommend doing a workout or yoga as you prefer in the morning.

I love to work out in the morning and I do it for twice in a week. I just do a workout only for 1 hour and 30 minutes but after you do it you feel so energized and I just feel the I love the feeling and oh my gosh I just love it so much so many ideas for my business and I highly recommend it. So I also love to use a foam roller which is like a kind of like roll that you can lie down and then it will loosen your muscle.

So if you haven't heard or checked it, you can also check it on my blog post. It is so calming and relaxing. Tiny actions lead long long-term success. So tip number three is to find your favorite stretching tutorial video on YouTube.

Number four listen to your favorite music and do incantation. Yes! I love learning from Mr. Tony Robbins and I personally graduated from Mastery University last year and one of his amazing programs, Date with Destiny have you ever heard it? It was super powerful for me and I have the visual visions that I made during the seminar. You can also make

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your own visual vision board with ultimate Life vision and one-year goal and things you value and things you adore in your life.

I always jump on the rebounder which if you were familiar with Tony Robbins world, everyone is using the rebounder which is like a mini trampoline that you can do at home like in your room inside and say I'm saying it loud for my incantation such as I'm the woman who inputs only the best and high quality into my Body Mind and Spirit things like that and it is just life changing method and I highly recommend it.

I think if you can look for for Tony Robbins's incantation, there are so many ideas and information you can apply so tip number four is to create your vision board and buy a rebounder. If you are interested you can get a rebounder. I think I got I think around \$50 so it was not that expensive and it's so fun. So enjoy your rebounder as well.

Number five oil pulling. After saying your vision so loud with incantations, it is time to do oil pulling with coconut oil. And this is one of the new habits that I created this year. I just saw a bunch of research and then information about oil pulling and then I thought that it is so beneficial for my oral care part of my self-care and I am so excited to share the result in the future podcast episode with you.

You can do it while oil pulling you can do like journaling for 15 to 20 minutes because one of the oil pulling things is that you can do it max 20 minutes so tip number five try oil pulling with an organic extra virgin coconut oil.

Number six future self journaling and gratitude. As always Mr Tony says whatever we focus on, we experience. You can start your day by thinking about your future self. What does she achieve and how does she show up then my recommendation is to think about gratitude, happiness, and blessings, and the moment you love in your life. Did you know that if you are grateful you cannot be fearful?

This is really amazing great gift to give yourself that take your time to really think about gratitude, happiness, happiest blessing moment in your life because it will carry the energy for entire day. And you can watch how Mr. Tony does for his he says priming exercise which is like thinking about grateful moment happiness moment and you can just tap into the feeling each morning and every day and I think it is so gorgeous. You know everything is a gift and every time is golden.

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Tip number six think about gratitude, happiness, and blessings you have in your life and keep the journal every day. Number seven dress up and sty your hair while listening to the podcast. After finishing journaling with oil pulling let's dress up. According to a bunch of psychology studies, it is said that what you wear impacts how you think and feel.

As ladies, we love to dress up and then I think always that we like Barbie Dolls because we can dress up and put makeup on however we want to do right. So there are a few Journal prompts that you can practice as your journaling as well and then I'm going to introduce you. Who do you want to be today? What energy do you want to bring? What outcome do you want to achieve today? How can you make yourself proud at the end of your day today? also What new experiences can you have today? What is the one second action you can take towards your dreams and goals today?

While you getting ready, you can listen to the amazing uplifting podcast and it always expands your horizon. You will eventually you are what you input right and then you will become who you surround yourself with so you can choose purposefully what you want to be. Tip number seven is to find your favorite podcast.

Number eight finally has a veggie and fruit for breakfast. I always love to eat when I get very very hungry. It is always so important to listen to your body consciously. What does your body need and are you really hungry? Most people are unaware of what they are eating and how much they eat. It is time to eat if you are really really hungry.

According to my favorite health information medical medium, we want to focus on eating healing food. Most of them need to be fruits and vegetables. You can also check my website where I am introducing my favorite recipes such as healthy and delicious smoothies and sweets and I am so excited to hear from you. So choose beautiful meals purposefully and your body will thank you later. Tip number eight be mindful of what you eat and add more organic fresh fruits and vegetables for your breakfast.

Now you have it. Eight tips for creating successful morning rituals Every day and everything is magical my goddess friend.

As we wrap up today's episode I encourage you to take action on what you've learned. For deeper information, you can visit my website hautecouturelife.com, and leave your comments. I'm so excited to hear your takeaways and insights. So until next time, keep

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embracing your inner goddess, and let's continue designing creating, and living the best life we want stay beautiful, and have a gorgeous week my goddess friend!