

Start With Ease

Everyday



HYDRATE FIRST

Seriously. Water is life. Coffee is tasty and powerful, but it's not life, folks. Have your coffee, #butfirstwater.

Start your day with room temperature or warm water to stimulate digestive fire, regulate healthy elimination, and step toward caffeine-free clarity!

MAXIMIZE MOTIVATION

When are you most motivated on a daily basis? After you workout? When with loved ones? After work? While journaling?

Schedule in 5 minutes when highly motivated to plan for tomorrow. What's most important? Schedule it in. Let everything else flow around it.



SKIP SNOOZE

Ok, one day a week, sleep in, snooze to your heart's content. Every other day, show up for yourself like the boss you know you are!

Get up and do something you love right away. Book a Yoga class with a friend. **My trick:** light goes on & I express gratitude while snuggling my pup!

Andrea Catherine is a Yoga Health Coach supporting overwhelmed, highly responsible women boost energy, sleep better, and fearlessly love their bodies. Get my 5 favorite self-loving self-care tips and start living a flourishing life you love, today! Sign up at www.groundedhere.com /5

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