



LEARNING TO LOVE YOURSELF

5 PRACTICES TO ADD TO YOUR MORNING ROUTINE

The foundation of self-love is learning how to take care of yourself. Start your morning right and see the transformation in yourself!



CREATING A MORNING ROUTINE

Hi, I'm Ashley Carpentier, a Self-Love Strategist, and I help women find their self-worth and learn how to love themselves.

I do this through my Learning To Love Yourself Course designed to help women love themselves by learning how to take care of themselves, eat for themselves, understand emotions, let go of perfectionism, and love their body!

Morning routines have changed my life and hundreds of other women I coach.

Without it, you are left with a negative mood, no energy, and no growth.

With it, you find yourself. Morning routines and these practices are the foundation for self-love, health, and happiness.

Stay healthy!

x

Ashley

Morning Routine

CHECKLIST

- 1 Eat breakfast
- 2 Listen to an inspiring song
- 3 Practice Gratitude
- 4 Personal Development
- 5 Exercise

Why you should start implementing these today

Breakfast:

Food is fuel and we need fuel to get through our day! You will notice more energy, increased mood, and motivation when you have food in your body.

Listen to an inspiring song:

Music releases dopamine which is a pleasure chemical. Starting your day with music will start your day on a positive note ;)

Practice gratitude:

Practicing gratitude will train your brain to be thankful and positive throughout the day.

Personal Development:

Personal development is key to growing in yourself. PD can be reading a book, listening to a podcast, or even something like meditation.

Exercise:

Exercise releases endorphins in the brain to create a good feeling. Exercise also releases stress and anxiety.