Stress Less, Live More

How you start and end you day matters, start with 1 for AM and PM, repeat consistenly for 6 weeks before adding in another

Fitness With Shakira

AM Rituals

- Open curtains as soon as you wake.
- 500ml water before your first coffee.
- Wash hands in cold water.
- Wash face in cold water.
- 5 minutes of deep breathing.
- Ask: What do I need today?
- 10-minute walk before work.
- Gratitude list: 3 things you're thankful for.
- Protein-rich breakfast (min 20g).
- No phone for the first 10 minutes of the day.
- Write down your top 3 priorities

PM Rituals

- Plan tomorrow's meals with protein at each meal.
- No screens for 30 minutes before bed.
- Write down one thing you're saying no to this week.
- Gentle stretch before bed.
- Reflect on a meaningful conversation from the day.
- Write down three things that gave you energy today.
- Prepare one healthy choice for tomorrow.
- Legs Up the Wall (5-10 minutes)
- Celebrate one thing you achieved today.
- Humming or Singing for 5 minutes