

5 Small Morning Practices That Will Make Your Whole Day Fant...

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SPEAKERS

Diane Laffoon



Diane Laffoon 00:01

Do you want to have an awesome day, then set yourself up with these five small practices, they may seem kind of insignificant, but they will set you up to have a fantastic day, every single time.



Diane Laffoon 00:15

Hi, I'm Diane Laffoon. And I'm here with your Joy Tip of the Week. And I'm curious, what's the very first thing? Well, maybe not the first thing. But we all have the same first thing we probably do every morning. But what is the very first thing after that, that you do when you get up in the morning, I'll tell you mine here in just a minute. And it's gonna surprise you, I bet.



Diane Laffoon 00:34

So let's talk about how to set yourself up for a fantastic day. By creating small practices in your morning routine, that are healthy, they're low stress, and they're focused. And so you know, you can do them each and every morning and have yourself a great day, set yourself up for a great day, wake your mind up, wake your body up and be ready to take

on the day, each and every day.



Diane Laffoon 00:58

It shouldn't be rushed. When you get up in the morning, you know, you should take your time and do those things that you need to do. And if you have a plan that you do, if you have a routine, there's small practices that you do, then you can have it every single day. It's really a not a hard thing to do if you practice it and get it into what I said is a routine.



Diane Laffoon 01:16

So number one thing that I do first thing after I empty out my bladder in the morning, like we all do, when we first wake up. The very first thing I do is make my bed. Crazy, right? I remember when I was a kid, it was a constant battle with my parents over making my bed. I hated making my bed, I fought with them tooth and nail for years over making my bed, I would just throw up the covers or you know, pretend I made it or scurry out the door to school or whatever to avoid making my bed. But thankfully, my parents were very diligent. And they ingrained that practice into me from a very early age. And now it's the first thing I do when I wake up. I don't you know, think about anything else I don't. You know, think about the fact that my parents and I battled over this when I was a child, I just make my bed. It's a natural practice for me.



Diane Laffoon 02:08

And I found a quote that I thought was very interesting from a retired Navy Admiral William McRaven. And this is what he said about making your bed is pretty profound. If you make your bed every morning, you will have accomplished that first task of the day, that first task of the day, it will give you a small sense of pride and it will encourage you to do another task and another and another. And by the end of the day that one simple task of making your bed first thing in the morning, having completed that will have turned into many tasks completed throughout the day. So while making your bed may seem like a chore when you make it a significant part of your morning routine. It can also be a deceptively simple way to make yourself feel accomplished and get ready to have a productive day and continue to achieve those tasks one after the other.



Diane Laffoon 02:59

So I will tell you the second thing that I do every morning is I drink about 20 ounces of

water. After I make my bed I find my way to the kitchen and I drink about 20 ounces of water. Now that might seem like a lot for you and you might want to start with like 12 ounces of water and work your way up. But I find that it is just such a great habit now because it wakes all of my organs up. I'm dehydrated after sleeping through the night. And it's something that I just have begun as a practice and it makes me feel great when I down that that water first thing in the morning. You'll find a blog post that I have about what the importance of staying hydrated is and what that first great drink in the morning gives you each day. So it reaches every corner of your body because you're so dehydrated from being overnight and you know it helps flush out your toxins. It just set your body up for a great day. So first make your bed second drink some water at least 12 ounces but work your way up to 20 ounces as you can.



Diane Laffoon 03:59

Number three thing I do is I set my diffuser. I wake up my senses with essential oils. When you start your morning off by diffusing a blend of essential oils it can set the tone for your day depending on what you put in your diffuser. You may want to add your diffuser your oils essential oils to your diffuser the night before so you can just turn it on if you're kind of a groggy morning person, but it's something that is just part of my morning routine I head to the diffuser and living room and I put in the water and the essential oils and I get it going.



Diane Laffoon 04:29

So what is an essential oil diffuser, it's a it's a cold air Essential Oil Diffuser is what you want to do. And it's designed to atomize the essential oil into this micro fine mist and it just goes into the air and sometimes it can be suspended in the air for several hours. This type of diffuser disperses the oils without heating them without burning them and it that way they're not rendered less beneficial. When you heat them and burn them, it's not a good thing. So you want to make sure you're using a cold air Essential Oil Diffuser.



Diane Laffoon 05:01

Here's a blend, you can try to kind of wake yourself up in the morning and put a pep in your step. Try a blend of peppermint essential oil, lemon essential oil. And Citrus Fresh is a Young Living blend that has lots of citrus and spearmint and some good oils in it blended together. It's a great way to bring your senses to life in the morning. So that's number three. Number one, make your bed number two, drink that water. And then number three, start that diffuser to wake up your senses with essential oils.



Diane Laffoon 05:28

Number four, set the day ahead, set the tone for the day ahead. Think of it as the step in your morning routine to kind of fuel your motivation. What you want to do is create an empowering personalized time of inspiration that works best for you. It may include spending time in prayer, it may include reading your Bible, I've told you before that I like to use the youversion app to read my Bible and do Bible study plans. And then the other thing you can do is read other inspirational materials. You can write in a gratitude journal, you can listen to a podcast or other inspirational videos or audios.



Diane Laffoon 06:09

Just set that aside a time that is personal for you. First thing in the morning. Number three, I guess this is number four in the morning isn't it and you know, block out that time whether it's 10 minutes, 20 minutes or an hour, you know, whatever you can choke out in that time that will set the tone for your day.



Diane Laffoon 06:26

You want your mornings motivated by positive influences, not exhaustion. You want to make things easier on yourself and make them brighter, more joyful. And doing these activities can start out your day on the right foot to make it a fantastic day every time.



Diane Laffoon 06:42

So we have made our bed, we drink our water, we have started our diffuser to wake up our senses with our essential oils. We have set the day ahead with an inspirational time of great things that we're inputting into our brain. And then number five is move your body. I've also talked about this before, but I find that when you get your blood pumping and your oxygen flowing in the morning, it's like giving yourself a you know jumpstart to the day and it gets you going it helps clear the cobwebs in your brain. And it helps prepare you for the today for the work that's ahead of you that day.



Diane Laffoon 07:19

So when you're exercising, that that releases chemicals in your body called endorphins. And endorphins trigger a positive feeling. You know, it's almost like taking drugs. It's almost similar to taking opioids, which is crazy that just exercising can really trigger your brain to feel positive in your body too. And you'll find additional health benefits for your

body as you know it reduces stress, it wards off anxiety. I find too, that doing a workout in the morning is you know less disruptive to my day than doing it in the afternoon or the evening or whatever. It's just a time where you can block out and get it done and checked off for the day. And it's just a good time to do it to get it done so you don't put it off later in the day.



Diane Laffoon 08:02

And don't forget to inhale your peppermint essential oil. I love to use peppermint essential oil before I go for my walks. Before I do my strength training, I love to use peppermint essential oil aromatically and breathe it in. I actually have a little inhaler that I use to inhale it deeply and I take deep breaths of peppermint essential oil before I exercise, and there's a lot of great reasons for that. It will open up those airways It enables you to enjoy a longer a better, more efficient workout. And you can look up some of those things in post that I've done previously are in previous videos, but peppermint essential oil will be essential to giving you a better workout, a longer workout and more efficient workout.



Diane Laffoon 08:49

So waking up to a refreshing morning routine with these helpful tips will help you get your day started on the right track. Remember, make your bed, drink your water, wake up those senses, senses with essential oils and set the day ahead with your time of inspirational reading or praying or gratitude journaling, whatever you decide to do and then five move your body.



Diane Laffoon 09:12

When you start each morning with a healthy low stress and focused routine and incorporate these essential oils that I've talked about to so your body can be at its best throughout the day, you're going to have a fantastic day, most days. So give these five tips a chance and see how they can make a difference in making your day and getting things done more quickly and efficiently.



Diane Laffoon 09:33

Now I include Young Living essential oils, as I've said as part of my morning routine. And if you've not heard the Young Living now has a new shopping platform and some new policies and it is easier than ever before to order Young Living essential oils. There's no

membership required, no fees involved. Nothing in fact, all orders that are over 100 Pv are automatically given free shipping 100 PV one PV is generally about equal to \$1. And it will list it on your total in your shopping cart. But if you do a 100 Pv order, you automatically get free shipping. So that's fun too.



Diane Laffoon 10:11

So with Young Living's new shopping platform, it's easy as 1-2-3 to place an order and receive a 24% discount too. That's a huge chunk 24% off of your order. All you have to do is one, place 100 PV in your cart, or create a subscription order, it's called subscribe to save in any amount. So if you want a bottle of peppermint every month, or if you want a bottle of peppermint every three months or every two months, all you have to do is stick that in your subscribe to save order, any amount. Either way, it unlocks a discount, and then you follow the steps to check out. And then if you do decide to place a Young Living order, let them know that I sent you, my brand partner number is 1097556. And you'll have an opportunity to say they'll say, how did you hear about Young Living or who recommended Young Living if you put my number in that will let them know that I sent you. And then number three, that final checkout screen is where you get your confirmation that you earn the discount, and you can place the order or the subscribe to save, order and earn that 24% off discount.



Diane Laffoon 11:18

So when you set yourself up for a fantastic day, you will be better prepared to choose joy as well. And you know that joy doesn't simply happen to us. We have to choose joy and keep choosing joy every single day. If you would like to get started with a Young Living order and you run into problems or questions or difficulties, don't hesitate to reach out to me. I love my Young Living Products and but what I love even more is helping you find a way to incorporate them into your life as well. Thanks for watching. We'll see you next week.