



### **TITLE: The Power of a Morning Ritual with Tiffany Lanier**

The morning is your starting place. It is a time to check in with yourself about how you feel and what you need in that moment. If you don't look after yourself, you feel depleted before you even get to your to-do list of the day. Every day is different so ask yourself what you need today. Some days you need more sleep, to get more hydrated or feel more connected. When you have a busy job, it can be more difficult to incorporate a morning ritual. This often leads to burn-out and feeling drained because you don't have space for yourself. Finding a morning ritual that works for your company is your collective responsibility. There is no one-size-fits all ritual that works for everyone. We discussed topics such as the importance of morning rituals, what to ask yourself first thing in the morning and how to incorporate it into a workplace environment.

We discuss:

- Why asking yourself what you need today first thing in the morning is very potent.
- Creating a strict morning routine will eventually have the opposite effect that you intended.
- The difference between a routine and a ritual.
- How do you incorporate a morning ritual into a busy lifestyle and what is the return of impact.
- Using a collective approach in the workplace instead of a one-size-fits-all ritual that isn't effective for everyone.

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