



THREE MORNING HABITS

for body & brain

ERIN JOHNSON COACHING

Welcome!

I am body & brain focused, soul aligned coach Erin and I'm grateful to share this free morning habit guide with you. These small habits will intentionally align your body & brain for unstoppable support in the direction of health, joy, creativity and clarity.



ABOUT ME

I started my coaching journey with a focus on daily habits, and these three simple practices have stayed with me for nearly a decade. I'm excited to share them with you, hoping you'll personalize and make them truly yours.

I share these habits with the hope of inspiring you to mindfully support your brain and body, enhancing both your everyday moments and your life as a whole.

My coaching focuses on empowering you to harness your mind and body as dynamic tools for lasting change, fostering clarity, alignment, confidence, and a powerful path forward.

Thank you for your interest and
enjoy creating your own morning habits ♡

-Erin

THREE BRAIN-BODY MORNING HABITS

Support for up-leveling your life



1. QUENCH YOUR BODY'S THIRST

- Start by brushing your teeth
- Choose your favorite glass or mug
- Fill it with warm or room temperature water
- Drink it mindfully

Take a moment to pause and feel gratitude

2. GIVE IT A GOOD STRETCH

- Find a comfortable space
- Play music you enjoy if it feels right
- Set a timer 5-10 minutes
- Stretch, move, dance, yoga or shake it out
- Finish by grounding yourself, feeling rooted through your feet
- Add a quick mindful vision of how you want your day to unfold



3. WHIP UP YOUR GRATITUDE LIST

- Find a spot you feel most at ease
- Grab your journal, notebook or piece of paper
- Set a timer 5-10 minutes
- Title your page with; *I am grateful for ... or I love...*
- Begin listing freely
- Finish by taking a moment to pause

3 BENEFITS OF DRINKING WATER

1. REHYDRATES

Even mild dehydration can affect cognitive performance, making it harder to concentrate and stay focused and after a night's rest, your body is naturally dehydrated. Drinking water first thing helps replenish your system, supporting better organ and skin function while setting a strong foundation for the day ahead. Hydrating in the morning boosts mental clarity, helping you feel more awake and focused as you work toward your next level.



2. CLEANSSES

Water helps eliminate waste and toxins that accumulate in your body overnight. Beginning your day with water supports your kidneys and liver in their natural cleansing process, promoting better overall health.

3. BOOSTS

Drinking water in the morning helps jumpstart your metabolism, enhancing digestion. Better digestion strengthens your immune system, supports nutrient absorption, and boosts your energy, supporting you to show up as your best self.



3 BENEFITS OF MOVING YOUR BODY

1. INCREASES CONNECTION

Stretching, dancing, shaking, and moving in the morning increases blood flow to the brain, enhancing focus, mental clarity, decision-making, and confidence. Be intentional with your movement to support your body and brain as you start your day.



2. BASIC INSTINCT

Watch a cat wake up from a nap, and you'll see them stretch to prepare the body for what's next. Stretching provides a natural energy boost, helping you feel more awake and vibrant throughout the day.

3. SET THE TRAJECTORY

Morning movement sets a positive tone for the day, making it easier to make healthy choices and stick to good habits. It also helps regulate your circadian rhythm, improving sleep quality and ensuring a more restful night's sleep. Yes, please!



3 BENEFITS OF GRATITUDE LISTING

1. IMPROVES MOOD AND WELL-BEING

Everything in the universe is made of energy and vibrates at its own frequency. By taking time to reflect on and express gratitude, you raise the energy frequency within your body, boosting your mood as your brain releases feel-good chemicals like dopamine and serotonin. This shift positively impacts both your physical and mental well-being.



3. CREATES MORE OF THE SAME

Your brain has an incredible ability to filter information, focusing on what is most meaningful to you. By intentionally prioritizing gratitude each morning, you train your brain to notice and attract similar positive experiences throughout the day.

2. BOOSTS MOTIVATION

Acknowledging what you already have through a gratitude list boosts your motivation, confidence, and sense of capability as you start your day and pursue your goals. By focusing on the things that bring you joy, morning gratitude practice helps break the cycle of waking up with worry or stress. When you cultivate more joy, you're less likely to fall into anxious thoughts and better equipped to handle challenges or setbacks without losing sight of your desires.



Month _____

Track Your Habits

A circular habit tracker grid. The outer ring is labeled with days 1 through 31. The inner ring is labeled with habit categories 1 through 6. The grid consists of 31 columns (days) and 6 rows (habit categories). The grid is partially filled with horizontal lines extending from the left side, indicating that the habit tracker is intended to be used with a separate sheet of paper.

WANNA LEARN MORE?



These three simple yet powerful habits inspire me to level up every day. They act as my personal guide, constantly reminding my body and mind that I'm purposefully navigating my life.

If you're ready to elevate your life, unlock your potential, and motivate your body and mind to create lasting change, press the button below!

[SCHEDULE A FREE CALL](#)