



Welcome!

MASTER YOUR MORNING, MASTER YOUR LIFE

with Lauren Donahue

Good Morning Friend!

We are so excited to be on the journey of Mastering Your Morning with you!

We truly believe that how you start your day sets the tone for not only that day, but your entire life! The most successful people we know all have a morning routine and our hope is that you will join the Master Your Mornings Movement and start living your best life NOW!

We believe that most things will work again if you just UNPLUG them for a second...including YOU!

Before we get started...we wanted to give you the quick backstory on Unplugged!

Unplugged Mornings came to Lauren one morning during an “Unplugged” energy healing. She had a vision that she was surrounded by outlets and those outlets all represented a different source of seeking happiness. For example, a relationship, a job, a car, a house... thinking that WHEN she found the perfect partner, perfect career, nice car, big house etc THEN she would be happy. We also plug into outlets to numb certain pain or bring external comfort when in reality we should be going within to find true happiness. Lauren visualized herself connected to a cord that was plugged into this external outlet. She reached for the cord and unplugged from the external outlet and plugged into herself. It was then that everything in her life made sense. All the answers lie within us...we just have to figure out how to access them! It was in this moment

Unplugged Mornings was born!

Unplugged Mornings is a 9-Step practice using “UNPLUGGED” to help us disconnect to reconnect back to YOU! A practice to help you start focusing on your OUTLOOK in life and not your outlets!

Okay, what do ya say we get started?!





Step 1

U - Universe - deep breath, meditate or pray

"The Universe is not outside of you. Look inside yourself; everything that you want, you already are." - Rumi

This is an opportunity for us to check IN with ourselves as soon as we wake up in the morning. Before we plug back into the world we need to first plug into ourselves! Take a moment to just breathe. Use this method: Box Breathing

- Inhale for 5 seconds.
- Hold your breath for 5 seconds.
- Exhale for 5 seconds.
- Hold your breath out for 5 seconds
- Repeat 5 times.

You should be very relaxed. Now, you have a choice here whether you want to just sit in silence, meditate or pray... whichever fits your practice. Spend as much time as necessary on this step.

Step 2

N - Nourish – Mind, body, soul & relationships

"The interior JOY we feel when we have done a good deed is the nourishment the soul requires." - Albert Schweitzer

We must not only nourish our bodies with the proper fuel to get us through the day but we must also nourish our minds, souls, & relationships! Make sure you have goals around each of these areas so that you are sure to be giving each the proper amount of nourishment! You've gotta nourish to flourish!

Let's practice by writing down ONE goal for each area!

Mind

For example : Reading for 10 minutes everyday

Soul

Meditating for 5 min a day

Body

For example: Running 1 mile a day

Relationships

Sending a thoughtful message to a friend, calling a friend, writing a thank you card!





Step 3

P - Play – Find time everyday to play!

There are so many ways to add play into our lives
and we can sure learn a lot from children!

What is your favorite way to play?

Step 4

L - Learn - Read a book, learn a new word, learn something
new about your best friend!

**"Sometimes you WIN, sometimes you LEARN."
You never lose if you learn a lesson!**

If you're choosing to read a book today... write down your biggest takeaway!

Step 5

U - Unleash - Forgiveness & letting go of 1 thing each day

What would your life look like if you learned to let go of the things and people that
have already let go of you? From relationships long gone, to old grudges, the could
of's and should of's... Let go of the burdens from the past that you can not control.

Write down ONE thing you are letting go of right now.
It could be self doubt, fear of failure, scarcity mindset,
attachment to the outcome, negative self talk, resentment toward a
friend, family member or colleague.

WRITE IT DOWN!





Step 6

G - Gratitude - What are you grateful for? Express abundance

"Gratitude is a powerful process for shifting your energy and bringing more of what you want into your life. Be grateful for what you already have and you will attract more good things." - The Secret

STOP, DROP & Write down 50...YES 50 things you are grateful for
RIGHT NOW IN THIS VERY PRESENT MOMENT!

Now, how are you feeling right now?

Step 7

G - Generosity - What is 1 thing you'll do today that's
generous for another human being?

"We make a living by what we get, but we make a life by what we GIVE."
- Winston Churchill

How will you be generous today? Write it down!

Examples: Phone a friend... giving someone your TIME is more valuable than MONEY. Send a hand written letter or thank you card... snail mail is very thoughtful and such a fun surprise for people to get as opposed to BILLS! Buy a stranger a coffee or let them cut in front of you in line! Help someone with directions!

There are so many options... choose one that resonates with you
and write it down and make it happen!





Step 8

E - Exercise - Move your body! Movement is Medicine!

Remember that the BEST workout you can ever do...is the workout that you actually DO! Any exercise is better than no exercise.

What will be your method of movement for today?

Step 9

D - Declare "I AM" powerful statement

"Declare yourself a CHAMPION in the morning for conquering evident life battles you are going to face in life."

We love powerful "I AM" statements...

Whatever you choose...look yourself in the mirror and OWN IT... DECLARE IT!

You can even relate it to your current life situation or day... maybe you have an important interview that day. I AM going to crush this interview!

I AM going to rock this date! I AM going to call that guy! etc. etc....

I AM is so powerful...use it wisely!

Keep these statements in a place where you can see them everyday!

I prefer my mirror in the bathroom so I can see them first thing when I brush my teeth! Keeping daily reminders, verses & affirmations in places that are visible daily will set you up for success!!!





Developing Your Own Compelling Vision

The goal of this exercise is to help you develop a compelling vision for your life! This vision will be important in guiding and aligning the efforts of those who are to follow you so that their relationship with you is not built on a false foundation of who you are.

Your Life Purpose or Raison Detre (Reason for Being)

Each of us has a specific purpose, a personalized reason for being. Note that a purpose is different from a goal, in that it does not have a beginning or an end; your purpose is the meaning of the journey of your life, not the destination. Your purpose is your calling, the reason you were created, the place where your passion and giftedness meet.

The following is a simple process that will help you create a good first draft of your life purpose. First, list some personal characteristics you feel good about.

Use nouns like:

Patience	Sales Ability	Energy
Enthusiasm	Intellect	Artistic Ability
Physical Strength	Charm	Role Model
Wit	Problem Solving Ability	Creativity
Sense of Humor	Diplomacy	Teaching Ability

For example, I chose sense of humor, problem solving ability, energy, and role model.

Next, list ways you successfully interact with people.

Use verbs like:

Teach	Encourage	Love
Inspire	Plan	Coach
Produce	Stimulate	Help
Manage	Act	Write
Educate	Lead	
Motivate	Sell	





I picked inspire, motivate, encourage, coach, and help.

Finally, visualize what your perfect world would be. What would people do or say? Write a description of this perfect world.

For example...A perfect world is where everyone knows their life is a gift and they have a unique reason for being and they have a personal relationship with Jesus.

Now, combine two of your nouns, two of your verbs, and your definition of your perfect world, and you'll have a good start on a definition of your life purpose.

For example, Lauren's life purpose is to use her sense of humor and problem-solving skills to be a good role model who encourages and coaches others to find their unique reason for being and share that gift with the world.





Your Core Values

It has been said that the most important thing in life is to decide what's most important. Your values are the beliefs you find most important. You feel strongly about them and choose them over other alternatives.

The following is a sample list of some personal values. If the list doesn't include things you value, write them in the blank spaces.

- | | | |
|-------------|-------------|----------------|
| Truth | Originality | Security |
| Wisdom | Service | Resources |
| Power | Respect | Love |
| Commitment | Freedom | Excellence |
| Courage | Order | Fun |
| Recognition | Integrity | Responsiveness |
| Excitement | Spiritual | Relationships |
| Learning | Peace | Success |
| Creativity | Cooperation | _____ |
| Honesty | Loyalty | _____ |
| Happiness | Humor | _____ |

Now, circle the ten values from this list that are the most meaningful to you.

From your list of ten, narrow them down and underline the five values that are more meaningful to your life than the rest.

Now, study the five values and rank them from most important #1 to least important #5.

Your number one value is your core value, something you want to be true about you no matter what.

Why is it important to rank your values? Because values exist in dynamic tension with one another. For example, if you value financial growth but integrity is your core value, you will look at any activities that could lead to financial gain through the lens of integrity, because you value integrity more than profit.

I ordered my values like this: relationships, peace, humor, fun, service.

How do you know if you are living according to a particular value? First, you have to define that value as specifically as possible. If you don't define each value, it will have little meaning to you or anyone else.

Take some time to define each of your core values, and for each one decide how you would finish this statement: "I value _____ and I know I am living by this value anytime I ..."





Goal Setting

Smart Goals:

S- Specific

Who? _____
What? _____
Where? _____
When? _____
Why? _____
Which? _____

Define each goal as much as possible

WHO is involved? _____
WHAT do I want to accomplish? _____
WHERE will it be done? _____
WHY am I doing this (reasons, purpose)? _____
WHICH constraints/requirements do I have? _____

M - Measurable

From and To? _____

Can you track the progress and measure the outcome?

How much? _____
How many? _____
How will I know when my goal is accomplished? _____

A - Attainable

How? _____

Is the goal reasonable enough to be accomplished? _____

How so? _____

Make sure the goal is not out of reach or below standard performance.





R - Relevant

Worthwhile? _____

Is the goal worthwhile and will it meet your needs?

Is each goal consistent with other goals you have established and fits with your immediate and long term plans? _____

T - Timely

When? _____

Your objective should include a time limit, "I will complete this step by day/month/year" _____

It will establish a sense of urgency and prompt you to have better time management/time blocking skills. _____

Keys to an Achievable Outcome:

1. Stated in the positive.

"What specifically do you want?"

2. Specify present situation.

"Where are you now?"

3. Specify outcome.

"What will you see, hear, feel, etc., when you have it?"

4. Specify evidence procedure.

"How will you know when you have it?"

5. Is it congruently desirable?

"What will this outcome get for you or allow you to do?"

6. Is it self-initiated and self-maintained?

"Is it only for you?"

7. Is it appropriately contextualized?

"Where, when, how, and with whom do you want it?"

8. What resources are needed?

"What do you have now, and what do you need to get your outcome?" "Have you ever had or done this before?" "Do you know anyone who has?" "Can you act as if you have it?"

9. Is it ecological?

"For what purpose do you want this?" "What will you gain or lose if you have it?"

"What will happen if you get it?" "What won't happen if you get it?" "What will happen if you don't get it?" "What won't happen if you don't get it?"





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