MORNING *routines*

These routines are here to help you get the most from your MMC membership. If you ever feel unsure where to begin, simply pick a length and follow along

- 5-Minute Morning Routine
- 15-Minute Morning Routine
- 30-Minute Morning Routine
- 60-Minute Morning Routine
- 90-Minute Morning Routine

Before you dive in, we'd recommend having your Morning Menu to hand. You'll find it in your Members Area. There's a pre-made version ready to use, or you can create your own.

5-Minutes

For the mornings when time is tight or when you're just getting started.

1

EMERGENCY WAKE-UP (2 MINUTES)

The moment your alarm goes off, press play on MMC's 2-minute Emergency Morning. It'll take you from waking up straight to standing - no willpower required.

2

AFFIRMATIONS WHILE YOU GET READY (3 MINUTES)

Pop on the Affirmations track while you brush your teeth, wash your face, or get dressed You're setting your mindset for the day.

Five minutes is more than nothing.
On the hardest mornings, this is your routine.

MORNING MOTIVATION CLUB

15-Minutes

A little more time, a little more intention.

1

GUIDED WAKE-UP (8 MIN) OR 5-MINUTE MMC SESSION (5 MIN)

Our Guided Wake-Up includes a 5-Minute MMC Session, then continues to guide you through your next steps once you're up. If you just want the session itself - from waking to standing, nothing more - the 5-Minute MMC Session is the trimmed-down version.
Either way, you're up.

2

AFFIRMATIONS WHILE YOU GET READY (3 MINUTES)

Pop on the Affirmations track and allow it to run in the background whilst you get ready for the day.

3

ONE JOURNAL PROMPT (3-5 MINUTES)

Open your MMC Journalling Prompts and pick one prompt. A few minutes with a pen before you head into your day.

A 15-minute morning is a real morning.
You showed up.

MORNING MOTIVATION CLUB

30-Minutes

Enough time to feel the difference.

1

MMC LIVE OR ON-DEMAND SESSION (15 MINUTES)

Your Live or On-Demand MMC Session starts from waking and takes you all the way to standing - by the time it's done, you're up, you're moving, and you've already connected with the MMC community.

2

AFFIRMATIONS TRACK (3 MINUTES)

Keep the energy going. Play the Affirmations track while you make your bed or get dressed - it works in the background so you're not adding extra time.

3

5-MINUTE GET READY WITH ME (5 MINUTES)

Open our 5-minute GRWM and plan your day with us. Make a quick to-do list for today - so you move into your morning with clarity, not chaos.

4

MORNING MENU – PICK ONE THING (5 MINUTES)

Browse your Morning Menu and choose one thing just for you. Something small that feels good before the day begins.

Thirty minutes.
That's all it took to show up for yourself today.

MORNING MOTIVATION CLUB

60-Minutes

A spacious morning that creates a spacious day.

1

MMC LIVE OR ON-DEMAND SESSION (15 MINUTES)

Your Live or On-Demand MMC Session takes you from waking to standing and sets the tone for everything that follows.

2

WALKING MEDITATION (11 MINUTES)

Head outside and press play. Fresh air, a clear head, and movement.
Ten minutes that's just for you.

3

AFFIRMATIONS TRACK (3 MINUTES)

Coming back in, keep that energy going. Play the Affirmations track while you get ready - a natural continuation of the momentum you've just built.

4

15-MINUTE GET READY WITH ME (15 MINUTES)

Your journalling GRWM. Pick a prompt from your MMC Journalling Prompts that speaks to you today and spend 15 minutes with it.

5

MORNING MENU – PICK ONE THING (15 MINUTES)

One more thing, just for you.
\Browse your Morning Menu and choose whatever calls to you today.

An hour that belongs entirely to you.
This is what an intentional morning feels like.

MORNING MOTIVATION CLUB

90-Minutes

The full experience. A morning you'll actually remember.

1

MMC LIVE OR ON-DEMAND SESSION (15 MINUTES)

Your Live or On-Demand MMC Session takes you from waking to standing and sets the tone for everything that follows.

2

WALKING OR SEATED MEDITATION (11 OR 15 MINUTES)

Choose what feels right today. Whether outside, or inside, this is your moment to arrive fully in your morning before the day begins.

3

AFFIRMATIONS TRACK (3 MINUTES)

Keep that energy going. Play the Affirmations track while you get dressed, wash your face, or make a drink.

4

30-MINUTE GET READY WITH ME (30 MINUTES)

The luxury version. Press play and take your time - get ready for the day with a little company.

5

MORNING MENU – PICK 1-2 THINGS (15-20 MINUTES)

Browse your Morning Menu and choose one or two more things today. Choose something that makes you feel like you before you let the rest of the world in.

This is what it looks like when you give your morning the time it deserves. Enjoy!

MORNING MOTIVATION CLUB