

AUTUMN MORNING GUIDE

HOW TO ADJUST YOUR MORNINGS AS THE DAYS GET DARKER + COLDER

Autumn is the season of cosy routines, deep rest, and building strength for the year ahead. Instead of letting darker mornings knock you off track, use them as fuel to create a routine that carries you through winter and makes you unstoppable by summer.



1. STAY CONSISTENT WITH YOUR TIME 🕒

Yes, it's darker. Yes, your bed feels like heaven.

But hitting snooze won't make you feel better – it just makes you groggier and messes with your body clock.

The goal? **Train your circadian rhythm** like it's muscle memory.

Your body loves rhythm – same bedtime, same wake time. It starts to anticipate the light, the movement, the energy. That's when mornings start to feel natural again.

💡 **Tip: Don't underestimate your evenings.**

The quality of your morning starts the night before.

Create a nurturing evening routine that helps you wind down with the season – dim lighting, warm tea, no screens thirty minutes before bed, cosy hobbies or gentle exercise.

Think: Autumn evenings are for release and soft landings.

Give your nervous system the cue: it's safe to rest.

NEED MORE EVENING GUIDANCE?

The Evening Ritual is arriving in the Resource Hub – 12th October



2. REFRAME THE NARRATIVE

Autumn isn't the enemy of motivation - it's the training ground for it.

Don't dread the cold, *romanticise it*.
Cosy mornings. Misty skies. Big jumpers.

That quiet before the world wakes up - it's **powerful and grounding**.

Most people let the darker months pull them under.
But if you can hold your routine steady now - through the chill, the rain, the darkness - you'll be unstoppable by spring.

✨ **Reframe it:**

Instead of "Ugh, it's cold,"
try → "This is my season for discipline."

Instead of "I can't get up,"
try → "I'm building something no one can see yet."

Autumn invites introspection. Slower rhythms. Deeper work.
It's not about doing *more* - it's about doing what matters *better*.

Notes from Roselle:

I became a morning person in the depths of winter: *January*.
This was the most important step for me.

It will only be as difficult as you believe it is.
So believe it's easy. Believe it's an *invitation* to embrace those dark, quiet mornings.

Tell yourself: "*This is the best time to become a morning person.*"
Because when you lean into it - the darkness, the stillness - it becomes something else entirely: **magical and romantic**.

3. PREP FOR SUCCESS (AND ESCAPE THE BED) 🌙

Your bed will tempt you - *especially now*. Summer makes it easy to wake up: it's light, it's warm, your body naturally wants to rise. But in autumn and winter? It's pitch black and freezing. If you've always struggled this time of year - **you're not alone**.

We're actually designed to wake up with the sunrise and wind down at sunset, but that's not how modern life works anymore. **That's why the Morning Motivation Club exists**. Because (*ironically*) "self-motivation" in the early morning is almost impossible - so we give you that external boost. You don't need to fire yourself up alone every morning. We'll provide the energy; you just have to show up.

Here's how you can make it easier on yourself 📌

- **Plan and lay out your clothes the night before** - workout, work, loungewear, or your dressing gown - whatever feels inviting.
- **Best hack:** cosy clothes by the bed + next-day outfit in the bathroom (or outside your bedroom).
- **Phone/alarm:** put them across the room so you have to get up.
- **Need extra support?** Join the 7am Live Sessions while you're still in bed. You can start lying down - we'll get you standing + feeling energised by the end.
- **Plan ahead:** most people hate mornings because they have to make too many decisions. That's called decision fatigue - and it's what kills motivation.
 - We've got the Morning Routine Cheat Sheet in the Hub + short routine templates coming soon.
 - Keep your mornings simple, structured, and cosy.

💡 **Pro tip:** The less you have to decide in the dark, the more likely you are to just do it.

4. THE MORNING RESET RITUAL

Water + light are your body's quickest cues that it's morning - time to wake up, stabilise your energy, and reset your rhythm.

SHOWER (OR SPLASH!)

Cold if you love it →
15–30 seconds can give you that instant *I'm alive* feeling.
If not, **warm is perfect**. Just get water on your body - it stimulates circulation and wakes the nervous system.

A QUICK REALITY CHECK ON COLD WATER THERAPY

Yes, cold exposure can feel amazing - it boosts focus and energy almost instantly.

But here's the truth: most of the research behind those dopamine and inflammation benefits has been done on men.

That doesn't mean women shouldn't do it - it just means listen to your body, especially across your cycle.

Cold exposure right before or during menstruation can actually increase stress (thanks to cortisol sensitivity).

So start gently:

- Try a short cold burst at the end of your shower.
- Track how your body + mood respond through the month.
- Prioritise trust over toughness.

Reminder from Roselle:

*Wellness isn't about extremes - it's about awareness.
Trust your body more than the latest trend.*

LIGHT

Light is your body's master switch. It tells your brain "we're awake now" and starts your natural production of energy hormones.

The moment you wake up, open a window or step outside – even if it's cloudy. Natural daylight, especially in the morning, anchors your circadian rhythm and helps your body release serotonin (hello, good mood).

If the sun isn't up yet, create your own sunrise. Use soft, warm lighting – lamps, salt lamps, candles, or warm-toned LED bulbs.

 *Avoid harsh white light or blue light from screens first thing – your brain doesn't know it's fake light. It confuses your body clock and messes with your energy for the rest of the day.*

AIR

Fresh air is nature's free stimulant. It wakes up your lungs, clears brain fog, and regulates your nervous system faster than any caffeine.

Try a few slow breaths:
In through your nose – fill the ribs and belly.
Out through the mouth – long, steady, grounding.

You'll feel your whole system switch on.

Pro Tip:

Water + light + air = your natural morning activation ritual.
It's the simplest, most powerful way to wake up your body without relying on willpower or caffeine.

5. MAKE IT FEEL GOOD 🍵

You don't have to suffer your way into alignment - the goal is to *enjoy* building momentum.

Autumn is about grounding, slowing down, and making your mornings feel like a soft place to land - not a military operation.

🌟 **Start with your senses.**

Open a window. Step outside. Let cool air wake you up before the coffee does. Move your body - stretch, walk, or flow - just enough to remind yourself you're alive.

☕ **Build your morning ritual.**

Tea, coffee, matcha - whatever feels nurturing. Make it a ceremony. Smell it, sip it, be with it. No rushing, no scrolling. Give yourself five quiet minutes before you let the world in.

🎵 **Set the mood.**

Music changes everything. Make a playlist that feels like you at your best - light, grounded, awake. Save the sad girl ballads for the evening walks (they have their place 😊).

📵 **And finally - protect the peace.**

Your phone can wait. The world can wait. Those first moments belong to you, and they shape everything that follows.

💬 **A Note from Roselle:**

Consistency doesn't come from willpower. It comes from pleasure. The more your mornings feel good, the more you'll want to repeat them.

6. SLOW GOALS, STRONG ROOTS 🍂

Autumn isn't about doing more - it's about doing what matters.

Pick 1-3 habits that actually stick. Think: calm, clarity, strength.

✨ Examples:

- Two nature walks a week
- Journal or read for 15 minutes in the mornings instead of scrolling
- 7am Live Sessions on weekdays

These are your slow goals - they build lasting dopamine. Every time you show up, you're rooting yourself deeper.

Before you go, pause:

- 🌱 Where can I soften this season?
- 🌱 Where can I show up more fully?
- 🌱 What's one habit that makes me feel like myself again?

Write it down - it'll guide you through the darker mornings.

Autumn mornings aren't meant to be rushed or perfect - they're meant to be yours. This is your invitation to slow down, feel your body, and show up for yourself. Every small habit builds momentum you'll carry into the new year.

Remember, you don't have to do it alone. The 7AM Live Sessions and Weekly Videos are here to guide you, cheer you on, and make mornings feel easy when the cold and dark try to pull you back. Trust the ritual, trust the process, and most importantly - trust yourself.

This season is yours to root deeply, rise steadily, and step into the mornings with confidence, clarity, and a little magic. 🍂✨

AUTUMN MORNING CHEAT SHEET

1. CONSISTENCY IS KEY 🕒

- Pick a wake-up + bedtime and stick to it.
- Evening wind-down = dim lights, warm tea, read, stretch.

2. REFRAME THE SEASON 🍁

- Don't dread the cold - romanticise it.
- Quiet mornings = your superpower.

3. PREP FOR SUCCESS 🛏️

- Lay out clothes + plan the morning the night before.
- Keep your morning decisions minimal.

4. MORNING RESET 💧

- Water: shower or splash to wake up. Cold if you love it, warm if not.
- Light: step outside or use soft, warm indoor lighting.
 - Avoid blue light/screens.
- Air: deep breaths of fresh autumn air.

5. MAKE IT FEEL GOOD 🍵

- Stretch, walk, move.
- Tea or coffee ritual.
- Energising playlist.
- Phone down - mornings are for you.

6. SLOW GOALS, STRONG ROOTS 🌱

- Pick 1-3 small habits that feel like they can last
- Journal, move, walk, meditate - whatever anchors you.

💡 PRO TIP:

Water + light + air + consistent small wins
= your ultimate morning activation.

Use the 90 Days Until 2026 challenge to stay accountable!