



My Morning Ritual and GRIP by Diane Mitchell-Miller

“If you want to get the most out of your day, do your most important work—your ONE Thing—early, before your willpower is drawn down. Since your self-control will be sapped throughout the day, use it when it’s at full strength on what matters most.” – Gary Keller

This truth reshaped my mornings. By anchoring my day in gratitude, intention, and purpose, I’ve found I can navigate challenges with more clarity and joy.

GRIP – get a GRIP on your day

- Gratitude practice: Taking a few minutes each morning to express gratitude for the things in your life can help to improve your mood and outlook for the day.
- Relax and Release (Let Go) – voluntarily give up or let go of something, often with the intention of creating space for something new or different.
- Intentions: Taking time in the morning to plan out your day or set goals can help to improve productivity and focus throughout the day.
- Purpose (impact through giving) – true joy comes from giving and gets us out of our head. Volunteering or performing acts of kindness for others can help to promote a sense of purpose and joy.

Throughout the day: ***Pay attention to what you pay attention to—where your focus goes, your energy flows.*** This simple act of awareness reveals your deepest desires, wants, and priorities. The things that naturally capture your attention often reflect what matters most to you—whether it’s relationships, personal growth, or meaningful work. By noticing these patterns, you can uncover what truly drives you and align your daily actions with your bigger purpose.

Gratitude

Share gratitude around like confetti.

When life is going well, gratitude allows us to celebrate and magnify the goodness. In the face of discouragement, gratitude has the power to energize. In the face of brokenness, gratitude has the power to heal. In the face of despair, gratitude has the power to bring hope. In other words, gratitude can help us cope with hard times.

Other benefits:

1. **Reframing:** Gratitude shifts focus from what's missing to what's present, helping us stay grounded and positive.
2. **Boosts Happiness:** By recognizing the good in our lives, gratitude fosters joy and life satisfaction.
3. **Supports Mental Health:** It reduces anxiety and depression by countering negativity and building self-esteem.
4. **Strengthens Bonds:** Acknowledging others' kindness deepens trust, connection, and belonging.
5. **Builds Resilience:** Gratitude helps us find meaning in challenges and grow stronger through adversity.
6. **Improves Health:** Grateful individuals often experience better sleep, reduced stress, and healthier habits.
7. **Encourages Mindfulness:** By appreciating small joys, we cultivate presence and connection to the moment.
8. **Inspires Kindness:** Gratitude creates a ripple effect, encouraging acts of generosity and goodwill.

Meditation: Sit quietly, take a deep breath, and reflect on three things you're grateful for. Visualize them vividly and allow the feeling of gratitude to fill your heart. As you exhale, silently say: "Thank you." Repeat this for 5 minutes to set a positive tone for the day.

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events." - Melody Beattie

Relax & Release (Let Go)

Many people live a limited version of their lives because we are filled with emotions from the past that were never released.

Developing a daily ritual of letting go can help cultivate a mindset of release and provide a consistent practice for moving forward. By consciously deciding to release or detach ourselves from specific matters we create space for healthier relationships and personal development, freeing ourselves from the chains of debilitating regrets and avoidable emotional stress.

This practice is applicable to everyday conversations or minor missteps to more impactful aspects such as interpersonal relationships and deep-seated regrets. Ultimately, this mindful approach cultivates an enduring sense of freedom, growth, and comprehensive wellness in our lives.

Letting go can be challenging for several psychological, emotional, and even biological reasons:

- **Attachment:** Human beings are inherently social creatures, which means we often form strong attachments to people, situations, and even objects. These attachments can be hard to break, especially when they've been a significant part of our lives.
- **Fear of the Unknown:** Letting go often involves venturing into the unknown, which can be scary. It's often easier to stick with what's familiar, even if it's not ideal, rather than risk the uncertainty of something new.
- **Habit:** We are creatures of habit (40-45% of our daily lives are habitual) . If we're used to something—a relationship, a job, a daily routine—it becomes embedded in our daily life and our mind, making it difficult to let go.
- **Hope and Optimism:** Sometimes, even when things are not going well, we hold on because we hope that they will get better. Letting go may feel like giving up on that hope.
- **Emotional Processing:** Letting go often requires processing emotions like grief, regret, or disappointment, which can be difficult and painful. It's sometimes easier in the short term to avoid dealing with these emotions.
- **Identity:** Sometimes, past experiences or relationships become a significant part of our identity. Letting go may feel like losing a part of oneself.
- **Comfort in Pain:** Paradoxically, holding on to pain can be comforting because it's a known (familiar) quantity. Letting go of this pain means venturing into the unknown, which can be scary.
- **Feelings of Unworthiness:** Some people struggle to let go of negative situations or relationships because they don't believe they deserve better.

Meditation – choose to create space for something that serves you.

Find a quiet place to sit or lie down. Inhale deeply through your nose and exhale through your mouth. With each exhale, imagine letting go of stress, tension, or negative energy. *Mantra:* "I release what no longer serves me, and I welcome peace and renewal."

“Comparison is the thief of JOY” —CS Lewis

Cancer: Comparison, Complaining, & Criticizing

Intentions

By focusing on what truly matters, you effortlessly navigate past distractions, maintaining unwavering purpose throughout the day. This intentional approach propels you towards increased productivity, empowering you to accomplish desired outcomes with precision.

Mindfulness becomes your anchor, grounding you in the here and now, while fostering a profound appreciation for the smallest moments. This harmonious fusion of intentionality and mindfulness harmonizes your mind, body, and soul, reducing stress and nurturing your overall well-being.

Choosing a word of the day/week, such as "intention," allows you to set a guiding principle for your actions and mindset throughout the day. By focusing on a single word, you bring mindfulness and purpose to your thoughts, choices, and interactions.

Each morning, reflect on the word and consider how you can embody its essence in your thoughts, words, and actions. Throughout the day, periodically remind yourself of your chosen word and use it as a compass to guide your decisions and behaviors. At the end of the day, reflect on how your word influenced your experiences and what insights you gained from consciously embodying it. This practice encourages self-awareness, intentionality, and personal growth.

Meditation for focus throughout the day

After your gratitude meditation, close your eyes and visualize how you want your day to unfold. Set 1-3 intentions, focusing on what matters most to you. *Example:* "Today, I intend to approach challenges with curiosity, connect meaningfully with others, and stay present in the moment."

Purpose – Living Purpose-FULL

True joy comes from giving gratefully from the heart, expecting nothing in return. Every day I think of 4-5 people that I can reach out to with a text, note, call, or email just to say hello or tell them I'm thinking of them. I will oftentimes share "if it wasn't for you" To express my appreciation and to show that they matter. Belonging and mattering is a universal yearning, yet we oftentimes do not express.

Giving is a powerful way to activate a sense of purpose, as it allows us to align our actions with our values and goals allowing us to make a positive impact on the world. Giving brings about purpose, fulfillment, and meaning.

I slept and dreamt that life was joy.

I awoke and saw that life is service.

I acted and behold, service was JOY.— Rabindranath Tagore

Ask yourself: How Do I improve the moment? Wake up each day and focus on how to add value- to your family, neighbors, customers, community, and ultimately the world. The success will follow. And you will be happier!

Are you building eulogy virtues or resume virtues? Eulogy virtues are life-giving

Consider the three to six people you spent the most time with in the last three months. Are you happy with the way they're influencing you or you are influencing them. If so, find another person who belongs in that group and invest in that relationship. (If not, change the way you're spending your time and energy. How you spend your time determines so much in your life.) Afterall, you are the average of the five people you spend the most time with.

Abraham Maslow's hierarchy of needs is widely recognized, but it's less commonly known that Maslow reassessed his theory in his later years, influenced by his interactions with Viktor Frankl. Frankl argued that self-actualization, initially identified as the apex of Maslow's hierarchy, was fundamentally self-centered. Frankl proposed that individuals achieve genuine fulfillment when they move beyond their own self-interest, comprehend their position in the world, and seek to contribute positively to humanity for its betterment.

Give > Take.

Meditation for Purpose

Sit quietly and think of one act of kindness, service, or connection you performed during the day. Reflect on how it impacted others and how it aligns with your purpose.

Prompt: "What did I give to the world today? How did it bring meaning to my life?"