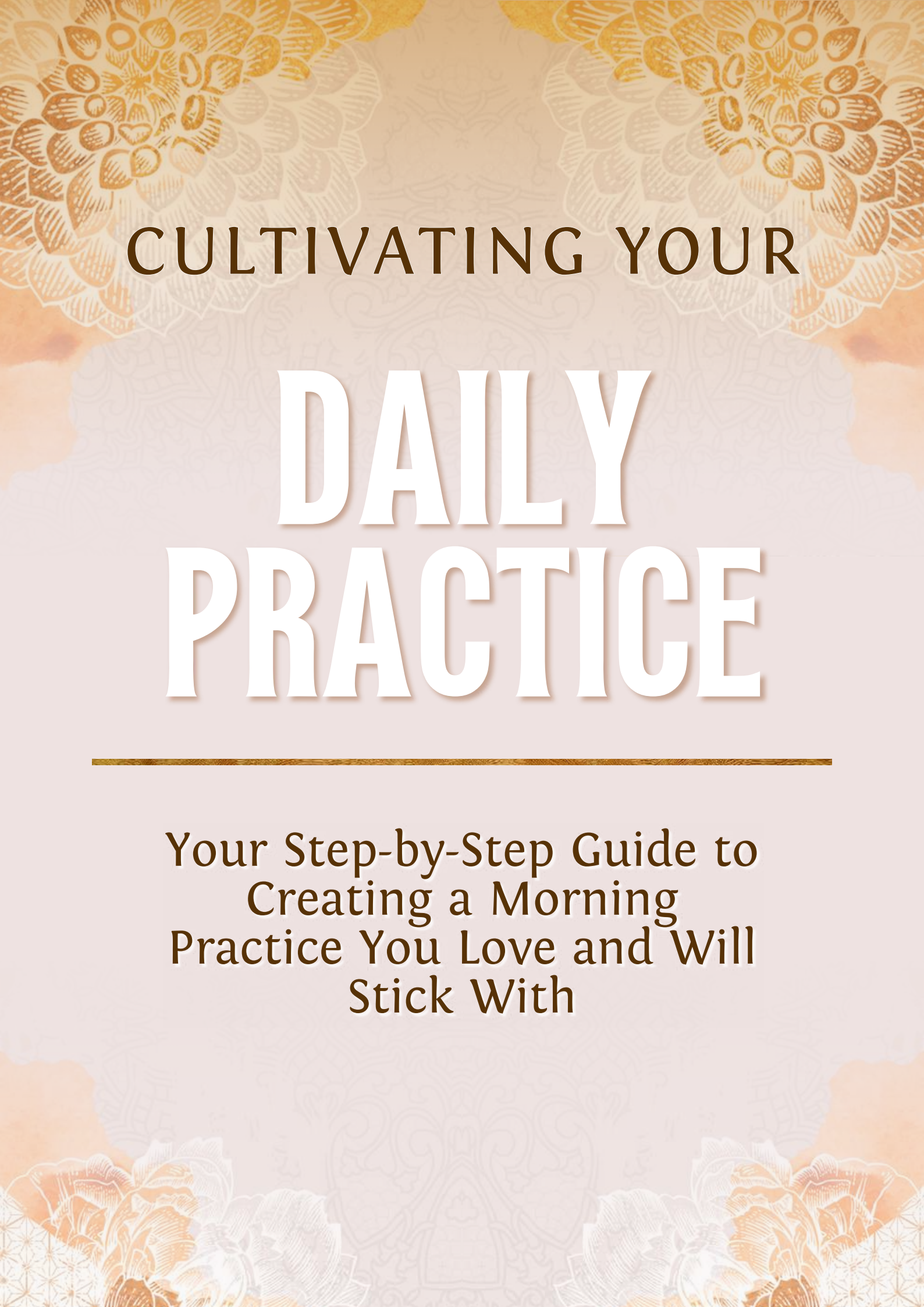




CULTIVATING YOUR

DAILY PRACTICE

Your Step-by-Step Guide to
Creating a Morning
Practice You Love and Will
Stick With

Hello! I'm Pritam Tara

Everyone who knows me well understands just how much I LOVE my morning routine. It's been my rock, keeping me grounded, centered, and focused on my goals throughout my personal growth journey.

No matter where I am, who I'm with, or what's happening in my life, my morning routine is always there for me. It's like a nurturing anchor that tends to my physical, emotional, and spiritual needs while allowing me to connect with my higher self.

When life gets hectic or challenging, having a morning routine can work wonders. It helps you find your center and realign with ease, even in the midst of chaos.

I truly hope this guide provides you with valuable insights and direction. Remember, if you ever need additional guidance or support, I'm just a phone call away.

[Book a Connection Call](#)



The Benefits of a Morning Routine

A morning routine allows you to start your day with intention, mindfulness, and a sense of personal satisfaction, which can have a positive impact on your entire day.

Cultivating and dedicating ourselves to morning practices has numerous worthwhile benefits, including:

- Supporting us in establishing healthier habits in our lives
- Nourishing and strengthening our body, mind, and spirit
- Teaching us the importance of making friends with ourselves, enabling us to embody more self-compassion and self-love
- Allowing us to tune in and listen to our personal needs and desires, and identify areas where those needs aren't being met
- Providing a foundation to train in mindfulness, which offers far-reaching benefits in how we experience our lives
- Building physical and emotional resilience which help us to navigate stress and the pressures of life with more grace and ease
- Carving out time for emotional processes that need tending to
- Creating space to consciously let go of what no longer serves us
- Helping us align more deeply with what we truly care about

You will never change your life until you change what you do daily. The secret is in your morning routine!



Why Routines Matter?

With enough repetition, routines become habits, and habits are powerful because they allow us to carry out activities with little to no conscious effort. Routines put our brains on autopilot.

When the positive and productive activities of your morning practices start to happen automatically, it removes the need to make a decision if you are going to do the activities altogether – they become effortless because you simply do them out of habit. It can take a few weeks for new routines to become habits, so keep this in mind as you are getting started. Knowing this from the onset allows you to cultivate a mindset of patience and trust the process.

In the first few weeks, start small with something that won't be too challenging to stick with. The goal here is to train yourself to have a morning routine – exactly what that looks like or how long you dedicate to your practices is less important than building the habit of doing something positive for yourself before you start your day tending to work responsibilities and the needs of others.

***What we practice is what we naturally become.
Even if it is not always intentional...
we are always practicing something.***

Designing Your Practice

STEP 01 Design Your Routine

Review the "Morning Routine Menu" below. Start by choosing 3-5 things you would enjoy doing everyday. Incorporate them into the routine that you would do if you had the "ideal" amount of time. This could be anywhere from 45 minutes to 2-hours. Don't worry; you don't need to do this long practice every day (unless you want to!).

This becomes your short list of practices that you weave into your morning routine based on the amount of time you have, how you feel, and what activities would be most beneficial for you on any particular day. This longer practice can also be reserved for the days you have ample free time to do a longer self-care routine, such as the weekend or your days off from work.



Designing Your Practice

STEP 02 CREATE Your Practice MVP

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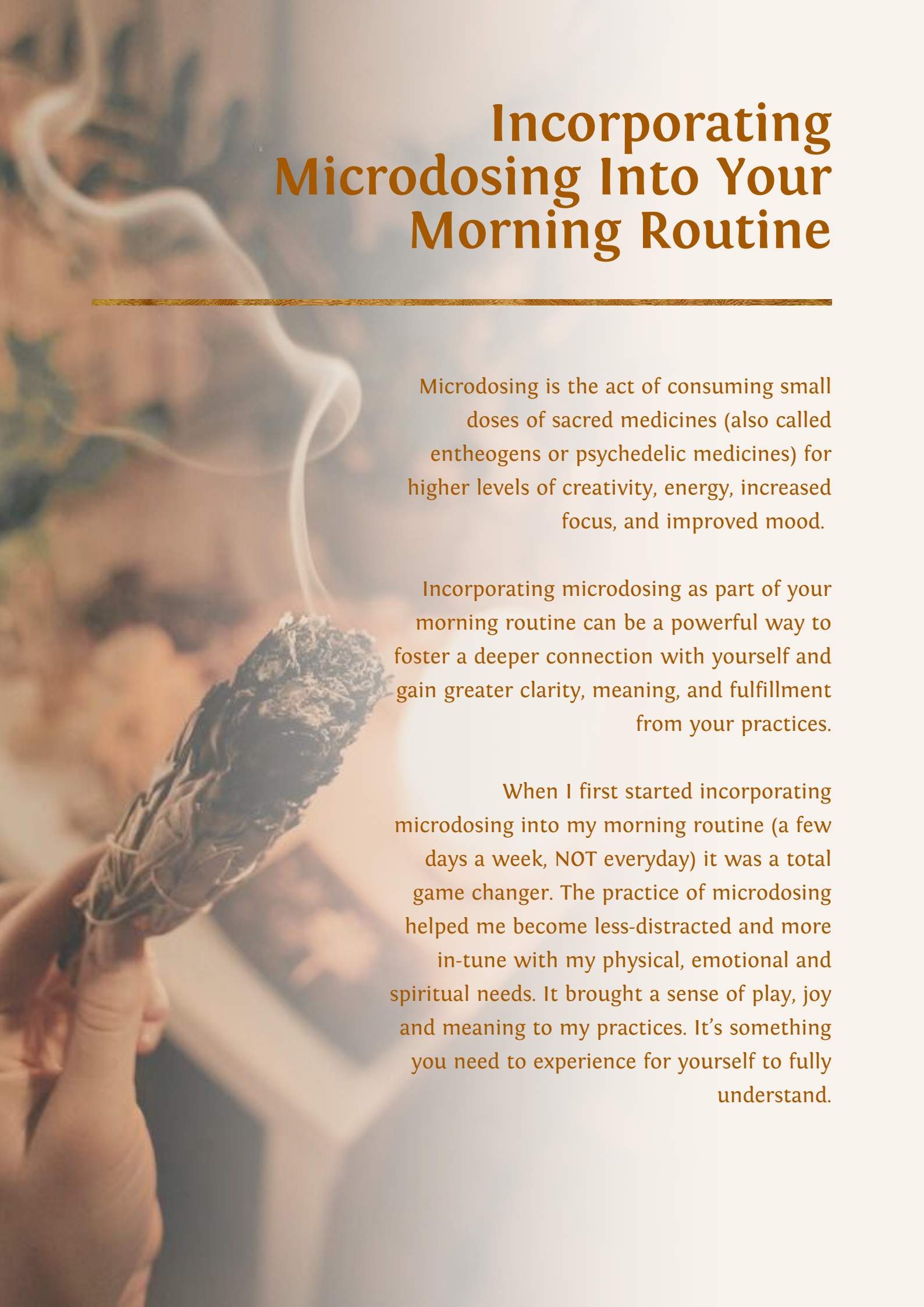
MVP stands for the minimum viable product (MVP). You'll want to create an MVP version of your Daily Practice that is so small that you can still do it even if you're late to work, sick, or have no energy. Remember, when you are getting started, you simply want to do something positive for yourself, the first thing is the day, DAILY. If you have a 15-30 minute MVP, you're much more likely to stick with it long enough for it to become a habit.

STEP 03 Start Tomorrow & Keep Doing It

03

Once you've settled on a few activities that you think will work for you, try them out for a few days to decide if they do or do not work. The most important thing is to start! Test and adapt if necessary. If you miss a day, don't overthink it, or even worse, give up altogether. Simply start again the next day and keep doing it.

We are what we repeatedly do. Greatness then, is not an act, but a habit" – Will Durant



Incorporating Microdosing Into Your Morning Routine

Microdosing is the act of consuming small doses of sacred medicines (also called entheogens or psychedelic medicines) for higher levels of creativity, energy, increased focus, and improved mood.

Incorporating microdosing as part of your morning routine can be a powerful way to foster a deeper connection with yourself and gain greater clarity, meaning, and fulfillment from your practices.

When I first started incorporating microdosing into my morning routine (a few days a week, NOT everyday) it was a total game changer. The practice of microdosing helped me become less-distracted and more in-tune with my physical, emotional and spiritual needs. It brought a sense of play, joy and meaning to my practices. It's something you need to experience for yourself to fully understand.

Incorporating Microdosing Into Your Morning Routine

I often define microdosing as “a Catalyst for Change.” Through the process of increased neuroplasticity and new neuron growth, microdosing creates a more potent opportunity to interrupt old negative patterns while simultaneously fostering new neural connections. This results in a “stickiness,” so the changes you wish to see can take root with less conscious effort.

If you are looking for more information on starting an intentional microdosing practice, you can check out my free “Beginner’s Guide to Microdosing”. You can [download it here](#), or email hello@pritamtara.com, and I will send it to you!

“The quality of our lives is supported by the quality of our habits.” ~ James Clear



Morning Routine Menu

Design your routine by "stacking" 2-3 things from the menu below.

CLEANSE

Tounge Scrape

Clear toxins and improve digestion

Cold Shower

Wake up! Reduce inflammation and more feel alive

Neti-Pot

Irrigate the nasal passages and breathe free

GO INWARD

Meditate

Calm the mind, reduce stress, and enhance awareness

Chant Mantra

Tune-in, calm your mind, and feed your soul

Practice Gratitude

Experience positivity, compassion, and kindness

MOVE

Yoga

Develop inner and outer awareness, and reduce stress

Nature Walk

Improve immunity and reduce anxiety by connecting with life

Workout

Increase energy, improve memory, and reduce stress

CREATE

Journal

Express your feelings through words, images, and colors

Poetry

Nurture your creativity and express your truth through words

LEARN

Read

Feed your mind with an inspirational book

Listen

Expand your perspective with a podcast or audiobook

NOURISH

Ritual Tonic

Prepare your beverage of choice with intention

Ritual Nosh

Eat mindfully and with full present moment awareness

Sample 1: 3-min cold shower + 20-min yoga + ritual Chai tea = 30 min

Sample 2: 10-min mantra chanting + 10-min silent meditation + 10-min reading = 30 min

Sample 3: Neti-pot nasal cleanse + 30-min yoga + 10-min mantra chanting = 45 min

Tips for Success

Start small

Consider starting with your practice MVP. This way, you will not feel overwhelmed by sticking to a long morning routine as you are getting started and you will be more likely to stick with it long enough for it to become a habit. Once you get established in a daily routine, you can start to add on and increase the total amount of time you are dedicating to your practices.

Go Digital-Free

Before going to bed, put your phone in "airplane mode" and keep it that way until after your morning routine. By not looking at your phone right away, you will feel more present in your practices and more mindful about where you are directing your attention and how you are spending your time.

Track Your Process by Journaling

It is helpful to take daily notes in a journal to observe the effects of your daily practice; especially when experimenting with different schedules and activities. Things to take note of/observe/track include: mood, energy level, mental clarity, sleep, self-talk, self-certainty, eating & ah-ha moments.



Tips for Success

Consider Microdosing to Catalyze Change

Microdosing can be a very supportive tool in helping us turn new routines into habits by creating a neurological opening and “stickiness,” so the changes you wish to see can take root with greater ease. If you are looking for more information on starting an intentional microdosing practice, check out my free “Microdosing Made Easy” Guide. Email me at hello@pritamtara.com, and I will send it to you!

Daily Practice a Lifelong Journey

Even with the benefits of these practices, it’s important not to overburden yourself. Remember, starting a daily practice isn’t a quick fix but rather a lifelong journey of personal growth. If you are patient and persistent, I promise you will find what works for you.

