

WELLNESS WITH SANDY

MONTHLY NEWSLETTER

JANUARY 2021

MORNING PAGES & YOU

Hello Friends!

Today I want to talk about a morning exercise called Morning Pages. By simply transcribing your thoughts each morning, this practice can help cultivate creativity before your ego is awake. Capturing your thoughts early allows you to write purposefully by accessing the inner workings of our mind.

The first step is writing down any memories you may have of your dreams. This may be a simple recollection to start, but you'll develop a deeper relationship with your inner self. Next, write 10 things you are grateful for from yesterday. Usually, our minds focus on everything that's not going well. Take this time to give thanks and appreciate what went well yesterday. Lastly, we do the Stream of Consciousness writing. Write for at least a page (or two) of whatever crosses your mind. Write at a pace that works for you, and remember that nothing is too silly or too petty to write down.

By doing this exercise, you are getting all of those repressed thoughts out of your system, reinforcing the idea that you are not your thoughts (a central theme of meditation). Just like a moving meditation, let the words pass from your mind onto the paper.



BLOGS OF THE MONTH

COMBATING SEASONAL AFFECTIVE DISORDER

<https://www.wellnesswithsandy.com/post/5-holistic-ways-to-combat-seasonal-affective-disorder-sad>

BCAAS: EXPECTATION VS REALITY

<https://www.wellnesswithsandy.com/post/bcaas-expectation-vs-reality>

TIP OF THE DAY

Keep a log of ideas that are exciting to you - hobbies that you may want to try, projects you admire and want to adapt, funny lines or great advertisements. When you feel uninspired, go to the log and try to channel that positive energy. Keep the log where you can see it, and remember to add to it as you go.

Feel free to check out my Instagram page and my website for more information and updates!

✉ wellnesswithsandy93@gmail.com

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