



The E.A.S.E. Strategist

E.A.S.E. IN YOUR MORNING *Routine*

FOR SELF-CARE

BY: COACH J LIZ GLADDEN

WWW.THEEASESTRATEGIST.COM



The E.A.S.E. Strategist



ABOUT

Coach Liz

**Founder of The E.A.S.E. Strategist |
Creator of The H.E.A.L. Methodology**

Coach Liz is a wellness and leadership coach for high-achieving women ready to reclaim confidence and calm after life-altering setbacks.

After facing a life-changing diagnosis, she transformed her pain into purpose creating The H.E.A.L. Methodology, a framework to help women heal, empower themselves, align with their purpose, and lead with intention.

Through coaching, digital tools, and her signature programs, Coach Liz guides women from burnout to balance, helping them rise, rebuild, and reign with E.A.S.E.

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Why Your Morning Matters?

In a world that often feels chaotic and fast-paced, it's essential to find moments of calm and serenity to start your day on the right note. This e-book is your guide to cultivating mindfulness and tranquility each morning, transforming your daily routine into a source of peace, purpose, and positivity. Within these pages, you will discover a wealth of insights, practical tips, and step-by-step instructions on how to:

Wake up with intention and gratitude
Engage in a mindful morning routine
Set positive intentions for the day
Practice mindful breathing and meditation
Find serenity through nature connection
Harness the power of gratitude journaling
Cultivate a digital detox for a more balanced life And much more!

By embracing the practices and principles within this e-book, you'll embark on a journey to make each morning a serene and joyful experience.

It's an opportunity to transform your life one mindful morning at a time. Thank you for choosing this e-book as your guide to finding E.A.S.E. in your mornings.

May it lead you to a life filled with serenity, purpose, and contentment.

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Wake Up Early

**Start your day by waking up 30–60 minutes earlier
than usual.**

**No alarms jolting you into stress. No chaos.
Just you greeted by stillness, space, and time to
honor your own rhythm.**



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Mindful Breathing

Begin with 3–5 minutes of deep breathing.

Inhale deeply... hold... exhale fully.

With each breath, ground yourself in the present moment. Let go of yesterday. Make space for today.



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Gratitude Journaling

**Write down three things you're grateful for.
Big or small, let gratitude reframe your mindset.
This small act shifts your energy toward hope, joy,
and abundance.**



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Stretch or Yoga

**Awaken your body through movement.
Gentle stretching or a short yoga session increases
circulation, flexibility, and presence.
Feel your body wake up with you.**



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Meditation

Spend 10–15 minutes in stillness.

**Silence your thoughts, soften your inner noise, and
simply be.**

**Use breathwork or a guided meditation app to calm
your nervous system and center your focus.**



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Mindful Breakfast

**Nourish your body intentionally.
Eat slowly. Taste your food. Sip tea or warm water.
Let breakfast be a sacred act of care not a task to
rush through.**



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Nature Connection

**Step outside. Feel the sun. Listen to birds.
Whether it's a 5-minute garden moment or a short
walk, reconnect with the natural world.
Nature is the original reset button.**



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Set Intentions

Ask yourself:

“How do I want to feel today?”

“What do I want to create, give, or become?”

Then speak it. Claim it. Align with it.



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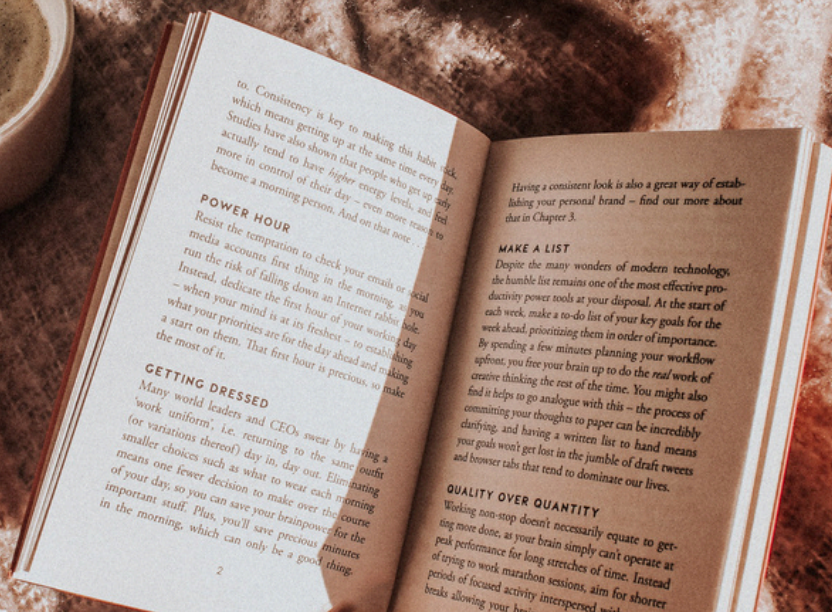
Digital Detox

Resist the urge to check your phone.

Protect your peace.

The world can wait... your soul comes first.

**Give yourself the gift of unplugged presence before
distractions begin.**



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Read or Journal

Spend time with words that uplift or reflect.

Read a chapter. Write your thoughts.

Brain-dump ideas or dreams.

Let the page be your mirror and your release.



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Hydrate

**Before coffee or tea, drink water.
Rehydrate, refresh, and replenish after a night's rest.
Hydration is healing, simple and powerful.**



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Prepare Mindfully

**As you get ready, slow down.
Brush your hair with awareness.
Dress with intention.
Each action is an affirmation:
*I am worthy of time and care.***



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DATE:

MOOD



Daily Journal

YOUR THOUGHTS

GOALS

ACTION STEPS

<input checked="" type="checkbox"/> _____	<input checked="" type="checkbox"/> _____
<input checked="" type="checkbox"/> _____	<input checked="" type="checkbox"/> _____
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Ready TO GO EVEN FURTHER?

Step 1

Join us for the “Beyond the Diagnosis” Free Workshop!

Rebuild your confidence,
reclaim your purpose, and
reignite your future.



SCAN ME



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MAKE A DISCOVERY CALL

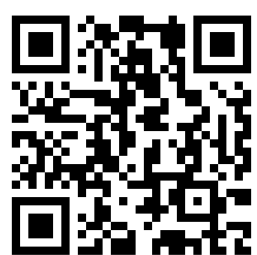
Step 2

Step 3

Step into the 6 Week Bootcamp:

Strength After Storms:

Access Through Beyond the Diagnosis
Workshop



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**‘I GO BEYOND’
MERCH COLLECTION**

Step 4



Personal Path. Powerful Tribe.

**Come grow with us inside
The Garden of E.A.S.E.**



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