RISE TOGETHER

Lauren Magers' 5 Step Happy Life Morning Routine

CREATED BY: LAUREN MAGERS

HEY FRIEND,

This booklet is a mini system I created for you… the same one I've practiced in my own home for over 15 years with my kids.

What you'll find inside isn't theory. It's the real, daily rhythm that has shaped our mornings into a foundation of calm, connection, and confidence.

This routine and calendar come directly from the mindset practices I've lived and led with my four kids… creating focus, peace, and momentum before the day even begins.

It's simple. It's doable. And it works. This is about setting you and your kids up for successone morning at a time. Stay consistent, and you'll feel it. Your energy shifts. Your connection deepens. Your confidence grows.

Because everything starts with how you show up. A moment to reconnect, realign, and recenter… before the world pulls you in every direction.

The energy you bring into your morning becomes the rhythm of your home. When you rise with purpose, peace, and presence… your children rise with you. This is your first step into the Happy Life System™… a proven, everyday system to unlock your leadership, raise world-ready kids, and build a life you truly love together.

You've got this.

With love,

Lauren Magers



Scan the QR code below to watch my 5-step morning routine video, where I walk you through exactly how to bring this guide to life.

LAURENS SUCCESSFUL MORNING ROUTINE

1

MASTER
YOUR MINDSET

No Digital Devices When You Wake Up



LAUREN'S INSIGHT

Digital devices will hijack your mindset before the day even begins. If the first thing you reach for is your phone, you're letting the outside world set the tone of your day. The goal is to protect your and your kids energy in the morning. Use this time to be clear, intentional, and manifest your day with positivity, before the chaos of the world creeps in.

2

MASTER
YOUR SPACE

Make Your Bed And Clean Your Space



LAUREN'S INSIGHT

Your bed isn't just where you sleep, it's where you heal, dream, and spend half of your life. Love it. Treat it with gratitude and appreciation. When you honor your space, you elevate your life, clear your mind, and open up space for positive energy to flow.

3

LAURENS SUCCESSFUL MORNING ROUTINE

MASTER
YOUR HEALTH

Brush Your Teeth And Purify Your Body



LAUREN'S INSIGHT

Your health is your foundation for happy living. You are the leader of how you care for your body, how you fuel it, and how you rest it. When you honor your body with respect, your body honors you back with energy, clarity, and strength.

LAURENS SUCCESSFUL MORNING ROUTINE

4

MASTER
YOUR MIND

Daily Gratitude Practice



LAUREN'S INSIGHT

When you live in gratitude, thanking life for the little things, you model joy. By practicing gratitude daily, you will begin to feel happiness in motion and realize it's not something you chase, it's something you create. This is what unlocks happy living.

5

LAURENS SUCCESSFUL MORNING ROUTINE

MASTER
YOUR MIND

Gratitude Prayer



LAUREN'S INSIGHT

Wake up each day with the awareness that being alive is a miracle. When you give thanks for life and teach your kids this simple practice, you teach them how to discover the magic within each moment of life with intention.

DAILY MORNING ROUTINE

Instructions: This is your Happy Life Morning Routine + Monthly Calendar. Your guide to stay focused, aligned, and on track. Check off each day you complete the routine, set a goal to stay consistent, and watch your success and happiness stack one morning at a time.

	01	02	03	04	05	06	07
	08	09	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				

LAUREN MAGERS HAPPY LIFE ACADEMY