

Do you wake up dreading the day ahead—feeling like you’re just going through the motions?

If so, you’re not alone. Women our age often face a mental fog, physical fatigue, and a sense of being disconnected from their own purpose.

But here’s the truth: your mornings set the tone for your life.

The way you approach your mornings isn’t just about habit; it’s about mindset—what you think, how you feel, and how you train your brain.

Science now confirms that your brain can be rewired, no matter your age. You can create new pathways of thought that shift your outlook, boost your energy, and, most importantly, help you wake up excited about your life.

Today, we’ll explore actionable practices, supplements, and techniques (including NLP—Neuro-Linguistic Programming) to help you flip the switch on your mornings and rediscover joy, purpose, and energy.

The Science: Why Your Brain Needs a Reboot

First, let's talk about why we get “stuck.”

As we age, hormonal changes and stress patterns can take a toll on both our mental and physical health. The brain's neural pathways—your habitual thoughts—become well-worn ruts that make it harder to think positively or feel energized. The Oregon Trails of our brains.

Here's the good news: your brain is neuroplastic, which means it can be rewired.

According to research on neuroplasticity, the brain can adapt and create new pathways of thought when you challenge its old habits and give it positive directives.

Neuro-Linguistic Programming (NLP), mindset shifts, and intentional morning practices can trigger the brain's Reticular Activating System (RAS)—a powerful filter that focuses your mind on what you tell it matters most.

When you combine these techniques with physical support—like good nutrition, sleep, and targeted supplements—you set the stage for lasting change.

Step 1: Create a Brain-Boosting Morning Ritual

Your morning isn't just the start of your day—it's the foundation for your life.

Here's how to craft a morning ritual that boosts your energy and sets your brain up for success:

1. Hydrate Immediately: Your brain is 73% water, and dehydration causes fatigue and brain fog.

- Add electrolytes like magnesium, potassium, and sodium to optimize hydration. (Try a citrus-infused glass of water with a sprinkle of pink salt.)

2. Feed Your Brain: Your body fasts all night; fuel it with protein and brain-boosting nutrients.

- Start with a smoothie using Perfect Paleo Protein (vanilla or chocolate). Add greens, flaxseeds, or chia seeds for fiber.

- Supplement recommendation: Omega-3 fatty acids (fish oil) improve brain function and focus, according to Harvard Health.

3. Mindset in Motion: Movement releases endorphins (feel-good hormones) and gets your brain into action mode.

- Try a quick 4-minute workout or a 10-minute walk outside to get sunlight exposure, which helps regulate melatonin and cortisol.

4. Rewire Your Brain with Affirmations: Positive affirmations work by shifting your subconscious mind and creating new neural pathways.

- Example: “I wake up excited about my life. Today is filled with possibilities.”

- Write it down daily, say it out loud, and visualize it.

5. Journaling to Clear Mental Clutter: A 5-minute journaling session can “declutter” your mind and focus your intentions.

- Prompt: What’s one thing I’m excited about today? What am I grateful for?

Step 2: Rewire Your Brain with NLP (Neuro-Linguistic Programming)

Neuro-Linguistic Programming (NLP) is a set of techniques that reprogram the brain’s patterns. Think of it as hitting the “reset” button on your thoughts and beliefs. It helps you replace limiting beliefs with empowering ones.

Here’s a simple NLP exercise to wake up excited about your life:

1. Identify the Negative Thought Pattern: For example: “I’m too old to start something new.”

2. Replace It with a New Thought: “I am capable of growth at any age. Every day is a new opportunity.”

3. Visualize Success: Close your eyes and imagine yourself feeling excited, energetic, and fully alive.

- Picture a morning when you wake up ready for the day—how you move, what you wear, and how you feel.

4. Anchor the Feeling: Physically anchor that feeling by pressing your thumb and forefinger together. Repeat this whenever you need a mental boost.

NLP exercises like this help you interrupt negative thought loops and replace them with empowering actionable beliefs.

Step 3: Support Your Brain and Body with the Right Supplements

You can't outthink poor nutrition. Your brain and energy levels need support to function at their best, especially postmenopause. Here are the top supplements to help you flip the energy switch:

1. Omega-3 Fish Oil: Supports cognitive function and mood stability.

- Dosage: 1–2 grams of combined EPA/DHA daily.

2. Magnesium: Calms the nervous system and promotes deep sleep, which is essential for energy.

- Dosage: 300–400 mg of magnesium glycinate before bed.

3. Methylated B-Complex+ Extra Vitamin B12: Boosts energy and supports brain function.

- Dosage: 1,000 mcg daily of B12 (look for methylcobalamin).

4. L-Glutamine: Supports gut health, muscle recovery, and mental clarity.

- Add CraveWater or CravePowder to your hydration routine.

5. Adaptogens (Ashwagandha or Rhodiola): Help the body combat stress and improve energy.

Step 4: Flip Your RAS—Train Your Brain to Focus on the Positive

The Reticular Activating System (RAS) in your brain is a filter that determines what gets your attention. If you tell your brain to focus on lack, problems, and negativity, that's what you'll see. But when you train your RAS to focus on opportunities, growth, and gratitude, your reality changes.

Here's how to flip your RAS:

- Write down 3 things you're excited about each morning, no matter how small.

- Set one clear intention for the day: "Today, I will move with joy and purpose."

- Visualize your future self thriving, healthy, and energized.

Step 5: Build Your Personal Energy Blueprint

Combine all of these tools into your personalized blueprint:

1. Morning Ritual: Hydrate, nourish, move, and affirm.
2. Brain Training: Use NLP exercises and affirmations daily.
3. Nourishment: Prioritize protein, hydration, and key supplements.
4. Mindset Practice: Reframe negative thoughts and focus on gratitude.

Closing: Your Energy Is Yours to Reclaim

Imagine waking up every morning with excitement in your heart, clarity in your mind, and energy in your body.

You can flip the switch. You can train your brain, reset your habits, and reclaim the vibrant life you deserve.

Start small, stay consistent, and trust the process. You've got this, and your best days are waiting for you.

How will you start tomorrow differently? I hope you'll consider our Ultimate 2025 Blueprint and start the year off spectacularly! Now is the time...2025 is just 2 weeks away!