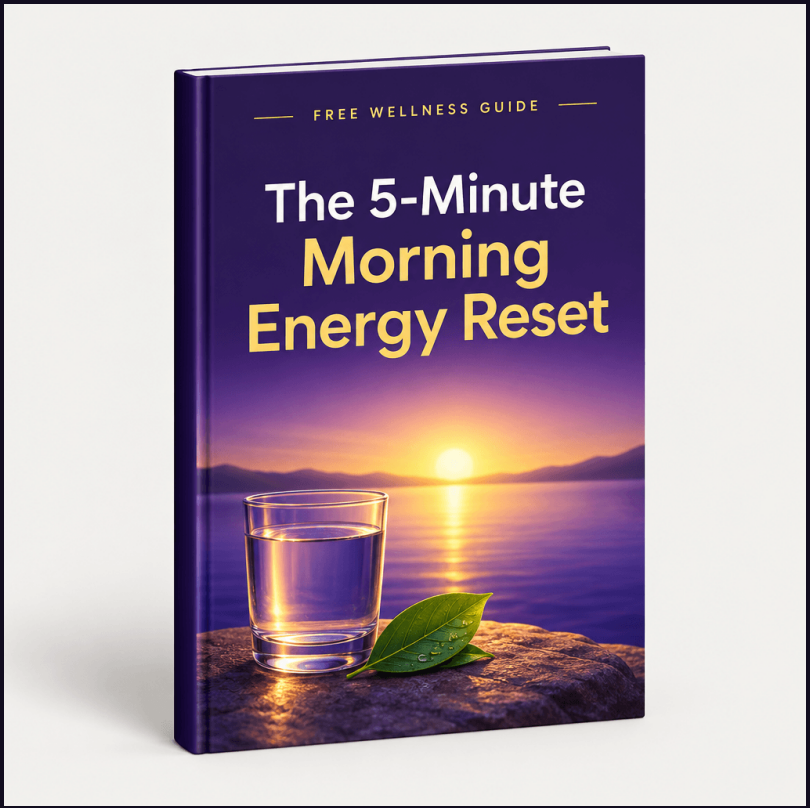
FREE WELLNESS GUIDE

The 5-Minute Morning Energy Reset

A simple routine to help you feel more awake, focused and ready for the day, without reaching for another coffee.



SHARED WITH YOU BY Keith Gonsisko

Zilara Power Team

Why Your Mornings Feel So Heavy

The alarm goes off. You hit snooze. Then again. By the time you're up, you're already behind, grabbing your phone, gulping a coffee and rushing out the door feeling like you never quite woke up.

If that sounds familiar, you're not lazy and you're not alone. Most of us were never shown how to **start** a day. We just stumble into it. The good news? The first few minutes after you wake up are some of the easiest to change, and small changes there can shape how the rest of your day feels.

> 💡 **Key idea:** You don't need more willpower in the morning. You need a short, simple routine that does the thinking for you.

The 3 habits that quietly drain your morning

Before we build the reset, let's clear out what's getting in the way. Here are three of the most common morning habits, and an easy swap for each.

The drain	The easy swap
✖ **Phone-first scrolling.** Emails, news and notifications before your feet even touch the floor.	✔ Keep your phone across the room or face down. Give yourself the first 5 minutes before you check anything.
✖ **Running on empty.** Coffee first, no water, and breakfast skipped or grabbed on the go.	✔ Water first, coffee second. Coffee isn't the enemy; it just works better as a second step than a first.
✖ **The snooze-and-scramble.** Several alarms, then a mad rush with no plan for the day.	✔ One alarm, feet on the floor, and straight into your 5-minute reset. No decisions needed.

> 🎯 **Quick win:** Pick just one of these swaps and try it tomorrow. One small change, done consistently, beats a perfect plan you never start.

Your 5-Minute Reset at a Glance

Here's the whole routine on one page. Five simple steps, about a minute each. No equipment, no gym, no special skills. You can do it in your pyjamas.



Minute 1	**Hydrate first**	A full glass of water before anything else.
Minute 2	**Get daylight**	Open the curtains or step outside for a minute.
Minute 3	**Move 60 seconds**	Gentle stretches to wake your body up.
Minute 4	**Breathe & focus**	One minute of slow, steady breathing.
Minute 5	**Set your one thing**	Choose one priority for today and write it down.

The Reset, Minute by Minute

Here's exactly what to do, plus a simple tip for each step to make it easier to stick with.

1

Hydrate first

You've gone all night without a drink, so before coffee, tea or your phone, drink a full glass of water. Many people find this one small habit helps them feel more refreshed and alert.

⏭ **Tip:** Fill a glass or bottle the night before and leave it by your bed. Add a slice of lemon if you like the taste.

2

Get some daylight

Open the curtains wide, stand by a window, or step onto a balcony or doorstep for a minute. Natural morning light is one of the simplest ways to tell your body the day has started.

⏭ **Tip:** On dark winter mornings, switch on bright lights straight away and get outside later when you can.

3

Move for 60 seconds

Nothing intense, just enough to get the blood moving. Try this easy sequence:

- ✅ **Reach up** tall towards the ceiling for 3 slow breaths.
- ✅ **Roll your shoulders** backwards 5 times, then forwards 5 times.
- ✅ **Gentle twists** side to side, keeping your hips still.
- ✅ **March on the spot** for the last 20 seconds.

⏭ **Tip:** Move at a pace that feels comfortable for you. If anything feels uncomfortable, stop and keep it gentle.

4

Breathe and focus

Sit or stand comfortably and try **box breathing**: breathe in for 4 counts, hold for 4, breathe out for 4, hold for 4. Repeat for about a minute. Lots of people use this to feel calmer and more focused before a busy day.

⏭ **Tip:** Close your eyes and count on your fingers so your mind has something simple to follow.

5

Set your one thing

Ask yourself: "*What's the one thing that would make today feel like a good day?*" Write it on a sticky note or in your phone notes. One clear priority beats a to-do list of twenty.

⏭ **Tip:** Add one small kind thing for yourself too, like a walk at lunch or an early night.

> ✶ **That's it.** Five minutes, five steps, and you've started the day on purpose instead of on autopilot.

Nourish Your Morning

The reset gets your body and mind moving. What you eat and drink next is the other half of a good morning. You don't need a complicated diet, just a few simple habits built around real, whole foods.

Simple building blocks for a better breakfast

- ✅ **Some protein.** Eggs, yoghurt, nuts, seeds, beans or tofu help make breakfast feel more satisfying.
- ✅ **Some colour.** A handful of fruit or veg: berries, banana, spinach, tomatoes, whatever you enjoy.
- ✅ **Some fibre.** Oats, wholegrain bread or seeds as part of a balanced meal.
- ✅ **Keep it easy.** If mornings are rushed, prep overnight oats or a smoothie kit the evening before.

Why "clean label" matters

When you add any supplement or nutrition product to your routine, it's worth knowing what's actually in it, and what isn't. That's where Zilara stands out. Every product is made with clear standards:

- ✔️ **Made in a GMP facility** in Cincinnati, Ohio.
- ✔️ **Lot-code traceability since 2011**, so every batch can be tracked.
- ✔️ **No synthetic vitamin isolates.**
- ✔️ **No artificial colours, flavours, sweeteners or preservatives.**
- ✔️ **No GMOs.**

> ✴️ **A morning favourite:** [CHECK: Name the Zilara product(s) you want to feature for mornings, plus one short, confirmed description of each, e.g. "a whole-food daily nutrition drink you can mix into water or a smoothie". No health claims, just what it is and how people use it.]

> 💡 **Remember:** Products work best as *part* of a healthy routine alongside water, daylight, movement, rest and real food, not as a replacement for them.

Your 7-Day Kickstart

Habits grow one day at a time. Use this simple plan for your first week: do the full 5-minute reset every day and add one small focus. Tick each day off as you go.

Day	Today's extra focus	Done?
Day 1	Put your water by the bed the night before.	☑
Day 2	No phone until your reset is finished.	☑
Day 3	Step outside for your daylight minute, even briefly.	☑
Day 4	Add protein and colour to your breakfast.	☑
Day 5	Try two rounds of box breathing instead of one.	☑
Day 6	Prep tomorrow's breakfast the evening before.	☑
Day 7	Look back: which step made the biggest difference for you?	☑

How to make it stick

- **Stack it.** Attach the reset to something you already do, like straight after you switch off your alarm.
- **Make it visible.** Print the cheat sheet and stick it on the fridge or bathroom mirror.
- **Never miss twice.** Missed a day? No problem. Just don't miss two in a row.
- **Do it together.** Share this guide with a friend or partner and keep each other going.

> **Bad morning?** Do the 1-minute version: a glass of water and three slow breaths. Something always beats nothing.

Make It Part of Your Routine

If you'd like to add Zilara's clean-label products to your mornings, getting started is simple, and it costs nothing to open an account.

- **Free to join.** Create a free account with no monthly or annual fees.
- **Save on autoship.** Get a 5% discount when you set up a regular order.
- **Earn product rewards.** Get up to 30% back in product rewards.
- **Available worldwide.** Zilara ships to 200+ countries.
- **Share the love.** Introduce one person as a customer and you become a consultant at no cost.

> **Got questions?** Keith shared this guide with you and is happy to help you choose what fits your routine. **Message Keith on WhatsApp**.

Your next step is free

Create your Zilara account: $0 to join, no monthly fees.

Sign Up Now For FREE!

Or click here to create your free account

This guide shares general wellness tips and is not medical advice. Check with a healthcare professional before changing your diet, exercise or supplement routine. Earnings are not guaranteed and individual results vary. These statements have not been evaluated by the Food and Drug Administration. Products are not intended to diagnose, treat, cure, or prevent any disease. Independent member resource; not the official Zilara website.