



MY MORNING RITUAL

(A SIMPLE GUIDE TO MINDFUL MORNINGS)

SIMPLE STEPS FOR A NOURISHING START

Skip Notifications – No email, no social media for the first hour.

Stretch Instead of Scroll – Move your body lightly, even for 2–3 minutes.

Practice Gratitude – Close your eyes and name one thing you're grateful for.

Breathe – 5 slow, mindful breaths to center yourself.

Reflect/Journal – Write a line or two about how you feel or your intention for the day.

Gentle Nourishment – Sip water, tea, or coffee mindfully; eat slowly and with attention.



QUICK RITUAL FRAMEWORK

(USE THIS AS YOUR OWN MINI ROUTINE TEMPLATE. TWEAK FREELY!)

Wake Up Cue: _____

Movement/Stretch (5 min): _____

Journal Prompt / Intention for Today: _____

First Nourishing Food/Drink: _____

Gratitude Note: _____



START SIMPLE. STAY CONSISTENT. LET IT GROW.