



# 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.



Breathe – 5 slow, mindful breaths to center yourself.

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

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

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

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:

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First Nourishing Food/Drink: \_\_\_\_\_

Gratitude Note: \_\_\_\_\_



**START SIMPLE. STAY CONSISTENT. LET IT GROW.**