



# 6 Minute Morning RITUALS

## WHY A MORNING RITUAL?

EVEN FIVE MINUTES IN THE MORNING CAN SET THE TONE FOR YOUR ENTIRE DAY.  
WHEN YOU BEGIN WITH PRESENCE AND INTENTION, YOU'RE MORE GROUNDED, ENERGIZED, AND FOCUSED  
NO MATTER WHAT UNFOLDS.

## Opening - set the stage - (choose as many as you like to start)

- ☀ GRAB YOUR FAVORITE MORNING BEVERAGE
- ☀ LIGHT A CANDLE OR INCENSE
- ☀ DRINK A GLASS OF HOT LEMON WATER
- ☀ SAY A PRAYER
- ☀ OPEN A WINDOW AND LET THE SUN IN
- ☀ PUT ON COZY SOCKS
- ☀ PUT ON A FAVORITE PLAYLIST
- ☀ MOVE TO YOUR COMFY SPOT
- ☀ PULL A CARD FROM A TAROT DECK
- ☀ TOUCH OR LOOK AT SOMETHING MEANINGFUL

## Choose your anchor - (the core of your ritual)

- ☀ BREATH - CALM YOUR NERVOUS SYSTEM AND FOCUS YOUR MIND.
- ☀ MOVEMENT - AWAKEN YOUR BODY AND SHIFT YOUR ENERGY.
- ☀ INTENTION - GUIDE YOUR DAY WITH CLARITY AND PURPOSE.

## Your menu of practices -mix and match 1-2 from each category

BREATH	MOVEMENT	INTENTION
☀ 3 DEEP BELLY BREATHS	☀ GENTLE STRETCH	☀ REPEAT AN AFFIRMATION
☀ BOX BREATHING (INHALE 4, HOLD 4, EXHALE 4, HOLD 4)	☀ SUN SALUTATION	☀ JOURNAL ONE LINE: "TODAY I WANT TO FEEL..." "TODAY THIS IS HOW I CHOOSE TO SHOW UP..." "TODAY I WILL BE KIND TO MYSELF BY..."
☀ SIGH IT OUT : 3 FULL - BODY EXHALES WITH SOUND	☀ DANCE/SHAKE IT OUT - 30 SECONDS OF LOOSE, PLAYFUL DANCING/SHAKING	☀ VISUALIZE A GOLDEN LIGHT FILLING YOUR BODY
☀ INHALE LONGER THAN EXHALE TO ENERGIZE	☀ TAKE A LIGHT STROLL	☀ PRACTICE GRATITUDE - WHAT ARE YOU THANKFUL FOR RIGHT NOW?
☀ EXHALE LONGER THAN INHALE TO CALM ANXIETY	☀ MOVE OUTSIDE TO SIT UNDER A TREE OR TOUCH THE GRASS	☀ LOVING KINDNESS MEDITATION
☀ HUM ON EACH EXHALE FOR THREE GROUNDING BREATHS	☀ DO SOME GENTLE INTUITIVE BODY MOVEMENT	

## Closing (intentionally end your practice and start your day)

- ☀ BLOW OUT THE CANDLE
- ☀ SAY "AND SO IT IS"
- ☀ SAY A PRAYER
- ☀ ONE DEEP INHALE AND EXHALE
- ☀ STEP OUTSIDE AND TAKE A DEEP BREATH
- ☀ PLACE YOUR HAND ON YOUR HEART OR BELLY AND THANK YOURSELF FOR SHOWING UP
- ☀ STAND UP SLOWLY, STRETCH TALL, AND FEEL YOUR FEET ON THE GROUND.
- ☀ RING A BELL OR CHIME

# My six minute morning ritual...

(write in your choices below)

---

OPENING:

---

---

ANCHOR:

---

---

PRACTICES:

---

---

---

---

---

CLOSING:

---

---

JOURNAL:

---

---

---

---

---

---

---

---