

Morning Ritual Map

20 Minutes to Begin Your Day With Intention and Ease

The Night Before

- Set your alarm for 20 minutes earlier than you normally get up.
- Prepare your beverage for the morning (fill tea kettle, grind coffee, etc.)
- Write on a sticky note *“I choose to ease into the day. I choose to take time for myself.”* Put it on your phone or alarm clock so that you’ll see it when the alarm goes off.

Supplies needed:

Journal, pen
Hot beverage (water, tea, coffee)
Yoga mat or open floor space
Audio player (phone, computer)
Post-it notes

In the Morning

When your alarm goes off, you’ll see your note and be reminded that you’re choosing to give yourself a little bit of extra time. No hitting snooze. Get up. Smile.

MINUTES 1-5



Drink a glass of room temperature water to hydrate your body. Get the coffee brewing/water boiling so it will be ready in a few minutes.

MINUTES 6-10



Find an open space/yoga mat, and spend 5 minutes stretching. Take 5 deep breaths. Allow your body to wake up.

MINUTES 11-15

Once your beverage is ready, sit down with your journal and fill out the following prompts. OR listen to a guided meditation:



Today I’m ready to feel: (how do you want to feel?)

Today I choose to: (what will you stop doing?)

Today I will focus on: (what will be the focus of your work day?)

Today I will take care of myself by: (how will you make time for self care?)

Today I am grateful for: (make a list of 3 things you’re grateful for)

MINUTES 16-20



Sit quietly and sip your beverage. Look out the window. Pet your dog. Walk outside. Take a deep breath. Savor the flavors of your beverage. Do nothing. The point is just ease into your day. No phone/scrolling allowed. No “accomplishing” anything just yet.

After that, it’s time to begin your normal getting ready routine. Ask yourself, *“how can I bring this calm energy to the rest of my day?”*

Enjoy the day!