My Morning Routine Builder

Choose what helps. Skip what does not.

MY EASIEST STARTING CUE

After I _____, I can open my journal.

STEPS I MIGHT TRY

- [ ] Put my journal and pen somewhere easy to find.
- [ ] Take a sip of water or a warm drink.
- [ ] Pause for one slow breath.
- [ ] Choose one prompt that fits today.
- [ ] Write for five minutes, or less.
- [ ] Name one intention for the day.
- [ ] Let the page be unfinished if I need to stop.

MY OWN OPTIONAL STEP

- [ ] _____
- [ ] _____

ON BUSY MORNINGS, I CAN JUST...

_____

_____

WHERE WILL I KEEP THE PAGE?

_____