

A simple guide to anchor your mornings in calm, clarity, and quiet joy

Tea of the Day: How I feel This Morning: (Write a word or short phrase — ex: grounded, hopeful, anxious, calm.)	Affirmation I Want to Carry Into My Day: (Write one from the book or your own.)
Prepared my tea with presence Took my first sip with stillness	One Joyful Moment I Noticed This Morning:
Reflected on my intention for the day Moved my body gently Invited one small moment of joy	
Spent 5 minutes in breathwork / quiet reflection Each morning is an invitation where you are, and may you carry	r to begin again. May your rituals meet you y their quiet strength with you into the day.

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