

The Helicopter Daughter

Slow Morning Routine

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

Tea of the Day:

Affirmation I Want to Carry Into
My Day:
(Write one from the book or your
own.)

How I feel This Morning:
(Write a word or short phrase — ex:
grounded, hopeful, anxious, calm.)

- ☐ Prepared my tea with presence
- ☐ Took my first sip with stillness
- ☐ Reflected on my intention for the day
- ☐ Moved my body gently
- ☐ Invited one small moment of joy
- ☐ Spent 5 minutes in breathwork / quiet reflection

One Joyful Moment I Noticed
This Morning:

Each morning is an invitation to begin again. May your rituals meet you where you are, and may you carry their quiet strength with you into the day.