

Morning Mindfulness Practices



1. Take 3 Deep Breaths & Set an Intention (2 minutes)

- Sit comfortably, close your eyes, and place one hand on your heart.
- Inhale slowly through your nose, exhale through your mouth.
- With each breath, silently set an intention:
 - 1st breath: "I welcome calm."
 - 2nd breath: "I welcome clarity."
 - 3rd breath: "I welcome energy for the day."

2. Gratitude Stretch (3–5 minutes)

- As you stretch (arms overhead, side bends, gentle twists), name **three things you are grateful for today**.
- Feel the gratitude spread through your body with each movement.
- This combines mindful awareness with physical wakefulness.

3. Mindful Sipping (5 minutes with morning coffee/tea/water)

- Before diving into the day, pause with your first sip.
- Notice the warmth, taste, texture, and sensation.
- Use this time to anchor into the present moment before screens or tasks.

4. Visualization: "I am My Best Self Today" (3 minutes)

- Close your eyes and imagine yourself moving through the day with ease.
- See yourself making nourishing choices, handling challenges calmly, and showing up as your best self.
- End by repeating: "*I choose presence. I choose peace. I choose progress.*"

5. Grounding Sensory Check-In (2 minutes)

- Look around and **notice**:
 - 5 things you can see
 - 4 things you can touch
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you can taste



CHOOSE 1 OF THESE TO START WITH & AIM FOR CONSISTENCY ALL WEEK!