

A 5-Minute Morning Practice Workbook



Begin your day grounded, calm, and aligned from within.

Introduction

This short mindfulness workbook is designed to help you start each day with clarity, presence, and intention. In just five minutes, you will ground your body, tune into your inner needs, set a meaningful intention, connect spiritually, and activate calm, focused energy for the day ahead.

How to Use This Workbook

- **Set aside 5 uninterrupted minutes each morning**
- **Sit comfortably and move through each step slowly**
- **There are no right or wrong answers**
- **Consistency matters more than perfection**

STEP 1: GROUND (1 Minute)

*Sit still with your feet on the floor and spine upright.
Close your eyes and take 3 deep breaths.*

Inhale: I am here.

Exhale: I am grounded.

Reflection:

1h 2h 3h



STEP 2: TUNE IN (1 Minute)

Place one hand over your heart.
Ask silently: What do I need to feel at peace today?
Listen without forcing an answer.

Reflection:

h2h

STEP 3: INTENTION SET (1 Minute)

Today, I choose to feel:

h2h

STEP 4: SPIRITUAL CONNECTION (1 Minute)

Visualize a gentle light above your head flowing down your body.

Silently say: I welcome guidance, clarity, and alignment.

Reflection:

h2h

STEP 5: ACTIVATE (1 Minute)

Smile softly. Stretch your arms up.

Say: I move through today with calm, clarity, and intention.

Reflection:

The logo for h2h, featuring the lowercase letters 'h2h' in a bold, black, sans-serif font. The '2' is positioned between two 'h's. The logo is centered on a white background with a faint, light gray watermark of the same logo located directly beneath it.

Daily Integration

Date:

My intention today:

One mindful action I will take today:

Evening reflection (optional):

h2h

7-Day Practice Tracker

Day 1: Intention: _____

Day 2: Intention: _____

Day 3: Intention: _____

Day 4: Intention: _____

Day 5: Intention: _____

Day 6: Intention: _____

Day 7: Intention: _____

Closing Reflection

What changes do you notice after practicing this routine?

Hope this exercise has proven useful!

We wish you a happy and fulfilled life!

Warm regards from team at head2heart!!

h2h
Thank you!!